

Food diary



Day

Write down everything you eat and drink. Write each food you eat in the correct section
For example, if you ate toast, write toast in section for bread, other cereals and potatoes.

Time	Bread, rice, potatoes, pasta and other starchy food	Fruit and veg	Meat, fish, eggs other non dairy sources of protein	Milk and dairy foods	Fatty and sugary foods
Breakfast					
During morning					
Lunch					
During afternoon					
Evening					
During evening					