Food Diary

What did you eat and drink each day?

How much?

WEEK:

Vegetables
Aim for x3

two handfuls each

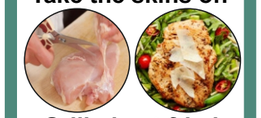
Fruits
Aim for x2

one handful each

Dairy

skimmed milk

Protein
Take the skins off



Grilled not fried

Grains
whole

1 fist maximum

Drinks

Flavoured water

Keep moving

cycling dancing

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Mid-Morning							
Lunch							
Mid-afternoon							
Evening meal							
Later evening							
Steps counter							
Scores							