



Food Diary

For one week, keep a diary of everything you eat...

| Day | Breakfast | Lunch | Dinner | Snacks |
|-----------|-----------|-------|--------|--------|
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |
| Sunday | | | | |

Did you eat a balanced diet? How does your food compare to the Eatwell Plate?