



Date: \_\_\_\_\_

## Weekly Food Diary

Meals/Snacks	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Break Time							
Lunch							
Mid-Afternoon Snack							
Tea							
Supper							
Any other Snacks or Sweets?							

Remember to eat five portions of fruit and vegetables a day!

Have fish at least twice a week.

Eat one – two servings of foods containing carbohydrates at each meal.

Choose lean meat or chicken that is cooked in little or no fat.

Try to reduce the amount of sweets and fizzy drinks, replacing them with healthy raw vegetables, whole grain bread, water and milk.

Beware of hidden fats contained in Take Aways, crisps, cakes and biscuits.

\*\*Try To eat three or four meals a day, including Foods from the five main food groups.\*\*