

FOOD DIARY

Day of the week	Meal/time of day	What I ate/drank	Food groups. Tick all that apply					Comments e.g. where I was, how I was feeling
			Fruit & veg	Starchy	Meat, fish, eggs	Milk and dairy	High in fat/sugar	

Once you've completed the food diary, use it to see which areas you need to work on. Look out for any habits you have fallen into – for example do you eat more snacks when you are stressed, or do you forget to have breakfast or your fruit and veg at weekends?