



# Food diary

Filling out a food diary will help you know what changes you need to make to your diet and will also help understand patterns in your eating that you may not have noticed before. Use the table below to write down everything you eat and drink throughout the day.

Don't worry too much about what the results look like at first, just be honest with yourself and you'll be taking the first step to eating well for your health.

	Time of day / meal	What I ate / drank (Include how much e.g. 1 cup, 2 slices)	Food groups (tick all that apply)					Comments (e.g. where I was, how I was feeling)
			Fruit and veg	Starchy foods	Meat, fish, eggs and vegetarian alternatives	Milk and dairy foods	Foods high in fat and sugar	
Monday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
Tuesday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
Wednesday	Breakfast							
	Lunch							
	Dinner							
	Snacks							

	Time of day / meal	What I ate / drank (Include how much e.g. 1 cup, 2 slices)	Food groups (tick all that apply)					Comments (e.g. where I was, how I was feeling)
			Fruit and veg	Starchy foods	Meat, fish, eggs and vegetarian alternatives	Milk and dairy foods	Foods high in fat and sugar	
Thursday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
Friday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
Saturday	Breakfast							
	Lunch							
	Dinner							
	Snacks							
Sunday	Breakfast							
	Lunch							
	Dinner							
	Snacks							