

Initials: date:

Time/Day	What I ate please record if didn't eat	Fruit & Veg 5+	Carbs 6/7 – 8/9	Protein 2-3	Dairy 2-3	Fluids 6-8	Fats 1-2	Added Sugar? Comments
AM Breakfast Remember to include: Mid -morning snacks Drinks (1 portion = 1 handful)		Tick per portion	Tick per portion	Tick per portion	Tick per portion	Tick for each drink	Tick per portion	
PM Lunch Mid-afternoon snacks Drinks								
PM Evening meal Snacks Drinks								
TOTAL No.								

6-7 teaspoons of sugar women 30g (added sugar) 9 men

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