

My food diary

To keep track of my eating



If you are thinking of making changes so you can eat more healthily, use this diary to record everything you eat and drink. This can help you work out how much you are eating and where you could make changes.

Meal	Type of food and drinks	Amount	How did I prepare/cook it?
Breakfast			
Morning snack			
Lunch			
Afternoon snack			
Dinner			
Evening snack			

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