

Name..... Date.....



FOOD DIARY

Keep a record of everything you eat this week!

FOOD TYPE	EXAMPLES	TALLY CHART (PORTIONS)	TOTALS
GROUP A Food for energy	potatoes		
	rice		
	pasta		
	bread		
	cereals		
GROUP B Fruit and vegetables	fruit		
	vegetables		
GROUP C Food for growth	meat		
	fish		
	eggs		
	beans		
	meat alternatives		
GROUP D Milk and Dairy foods	milk		
	cheese		
	ice cream		
	yoghurt		
GROUP E High energy foods – fatty and sugary foods	sweets		
	chocolate		
	butter or margarine		
	fizzy drinks		