**Food diary**

Record everything you eat and drink over the next 3 days, then compare to the eatwell guide.

Day 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Breakfast | Lunch | Dinner | Snacks | Drinks |
|  |  |  |  |  |

Day 2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Breakfast | Lunch | Dinner | Snacks | Drinks |
|  |  |  |  |  |

Day 3

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Breakfast | Lunch | Dinner | Snacks | Drinks |
|  |  |  |  |  |

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