



Family Food and Fitness Food Diary



Name


Date

Filling out a food diary will help you become more aware of your eating patterns. 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 make more conscious food choices and eating well for your health.

Use the table below to write down everything you eat and drink throughout the day.

Day of the week	Date	Meal, time of the day, and what I ate or drank Include how much e.g. 1 cup, 2 slices	Comments e.g. where I was, how I was feeling
Wednesday	14/04/2024	Breakfast 7.30am: 1 glass of water + 2 slices of white bread toast with butter and jam (thin layer) + latte with whole milk (200ml) Snack 10.30: 1 small pot full fat Greek yogurt + 1 banana Lunch 1.30pm: 1 vegetable soup + 1 chicken sandwich with 2 slices wholemeal bread, breaded chicken, mayo (1tsp) and lettuce...	Breakfast at home Lunch at work, no break



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