

MY FOOD RECORD Day 1

NAME: Date Date	
As you go through the day record below everything eaten or drunk .	
Describe each item, stating the amount.	

Tips	Give details so you can assess the food groups that you have chosen e.g. instead of just "a sandwich" record: 2 slices brown bread, slice ham plus 1/2 tomato and sliced pepper.		
	Fatty / sugary foods include: chips, fried foods, pastry, sweets, crisps, cakes, biscuits, creamy / oily sauces and dressings, extra spreading fat and mayo, sweet drinks.		
	Food and Drinks with amounts	Food group units	
BREAKFAST			
MID-MORNING			
MID-DAY			
AFTERNOON			
EVENING MEAL			
DURING EVENING EXTRAS & Comments MY ACTIVITY			



MY FOOD RECORD Day 2

	Food and Drinks v	with amounts	Food Group Units or Feelings/ Triggers
BREAKFAST			
MID-MORNING			
MID-DAY			
AFTERNOON			
EVENING MEAL			
DURING EVENING EXTRAS & Comments MY ACTIVITY			
Recording your food group portions	V / F - vegetables and fruit S—starchy (bread, potato, cereal etc) F&S—fatty and sugary	P– protein D—dairy	