Food diary...



Completing a food diary will let you see patterns in your eating habits and help you to understand where changes to your diet can be made.

Use the diary below to write down *everything* you eat and drink each day.

Do try to be as honest as possible, noting down everthing you eat over 4 or 5 days.



Day of the week	Time of day / meal	What I ate or drank Include how much e.g 1 cup, 2 slices
Wed	8.30am	porridge oats, semi-skimmed milk - I large bowl

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