



My food diary

When Day	Description What I ate	Scores for different categories						
		Fruit & Veg	Starchy Carbs	Protein	Dairy	Oils & Spreads	Other	Drinks
Total porti	ons on this sheet							



Find more information at: www.nhs.uk/live-well/eat-well/ the-eatwell-guide/

Don't forget to take a snap of your activities and share them with us!

Remember to tag us and use the hashtag #TopTatieTips





