

ready to
change
your way to better health



Healthy Eating Diary



It's best to fill in this diary each day for one week at a time and then look back to see:

- When are you managing to make 'healthy' choices?
- Are you eating at regular times throughout the day?
- Are you able to eat from all the recommended food groups visit Eat Well to find out more
- Are you eating enough fruit and vegetables?
- Are you choosing healthy snacks?

How to fill in your diary

- Include everything you eat and drink. The more specific you can be the better, but any monitoring is better than none.
- Remember snacks and anything you eat outside of the home
- Remember condiments – such as sauces, spreads, dips, and sugar you add to food.

Please note:

For people who may have severe problems regarding eating, including eating disorders, monitoring their diet can be unhelpful. If you are concerned that yourself or someone you love is suffering from an eating disorder, BEAT has a dedicated helpline that can support you.

Example

Day	Time (use 24-hour clock eg 20:15)	Food or drink description	Amount (large plate, small bowl, etc)	EatWell Guide food group
Monday	08:00	Cornflakes with semi skimmed milk	Medium bowl	Carbohydrates, dairy
Monday	08:20	With sugar	Teaspoon	
Monday	08:45	Orange juice	Half pint glass	Fruit snack (fruit/veg portion)
Monday	10:15	Bag of ready salted crisps	Multipack sized	
Monday	10:20	Rhubarb yoghurt	Standard size	Dairy
Monday	12:10	Aubergine curry 1 x onion, 1 aubergine, 1 carrot 1 celery stick 1 teaspoon of curry paste, 1/2 tin of reduced fat coconut milk	Cereal bowl – medium sized	Fruit vegetables dairy
Monday	12:10	Rice	125 grams	Carbohydrates
Monday				
Monday				
Monday				
Monday				
Monday				

