Name:	
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Australian Guide to Healthy Eating Food Diary

Keep a diary of what you eat in a week.

Monday

Breakfast		Grains (cereal) foods		
Morning Snack		Vegetables and legumes/beans		
Lunch		Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans		
Afternoon Snack		Fruit		
Dinner		Milk, yoghurt, cheese and/ or alternatives		
Evening Snack		Foods listed under 'only sometimes and in		
Drinks		small amounts'		
Tuesday				
Breakfast		Grains (cereal) foods		
Morning Snack		Vegetables and		
		legumes/beans		
Lunch		Lean meats and poultry, fish, eggs, tofu, nuts and		
Lunch Afternoon Snack		Lean meats and poultry,		
		Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans		
Afternoon Snack		Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans Fruit Milk, yoghurt, cheese and/		



Wednesday

Breakfast		Grains (cereal) foods
Morning Snack		Vegetables and legumes/beans
Lunch		Lean meats and poultry, fish, eggs, tofu, nuts and
Afternoon Snack		seeds, and legumes/beans Fruit
Dinner		Milk, yoghurt, cheese and/ or alternatives
Evening Snack		Foods listed under
Drinks		'only sometimes and in small amounts'
	Thursday	
Breakfast	Thursday	Grains (cereal) foods
Breakfast Morning Snack	Thursday	Grains (cereal) foods Vegetables and legumes/beans
	Thursday	Vegetables and legumes/beans Lean meats and poultry, fish, eggs, tofu, nuts and
Morning Snack Lunch	Thursday	Vegetables and legumes/beans Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
Morning Snack	Thursday	Vegetables and legumes/beans Lean meats and poultry, fish, eggs, tofu, nuts and
Morning Snack Lunch	Thursday	Vegetables and legumes/beans Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
Morning Snack Lunch Afternoon Snack	Thursday	Vegetables and legumes/beans Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans Fruit Milk, yoghurt, cheese and/



Friday

Breakfast		Grains (cereal) foods
Morning Snack		Vegetables and legumes/beans
Lunch		Lean meats and poultry, fish, eggs, tofu, nuts and
Afternoon Snack		seeds, and legumes/beans Fruit
Dinner		Milk, yoghurt, cheese and/ or alternatives
Evening Snack		Foods listed under
Drinks		'only sometimes and in small amounts'
	Saturday	
Breakfast	Saturday	Grains (cereal) foods
Breakfast Morning Snack	Saturday	Grains (cereal) foods Vegetables and legumes/beans
	Saturday	Vegetables and legumes/beans Lean meats and poultry, fish, eggs, tofu, nuts and
Morning Snack	Saturday	Vegetables and legumes/beans Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
Morning Snack Lunch	Saturday	Vegetables and legumes/beans Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans Fruit Milk, yoghurt, cheese and/
Morning Snack Lunch Afternoon Snack	Saturday	Vegetables and legumes/beans Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans Fruit



Sunday

Breakfast		Grains (cereal) foods		
Morning Snack		Vegetables and legumes/beans		
Lunch		Lean meats and poultry, fish, eggs, tofu, nuts and		
Afternoon Snack		seeds, and legumes/beans Fruit		
Dinner		Milk, yoghurt, cheese and/ or alternatives		
Evening Snack		Foods listed under		
Drinks		'only sometimes and in small amounts'		
 After the week, visit the Australian Guide to Healthy Eating website, click on the Guidelines link and tick which food groups you ate each day. What foods/food groups do you need to add more of into your diet? What foods/food groups should you limit? 				
4. Consider your current diet. How might you improve it?				
5. Did you drink enough6. How do you think cho	ı water? (circle) yes anging your diet will affect your bo	no dy and mind?		

