

# Australian Guide to Healthy Eating Food Diary

Keep a diary of what you eat in a week.

## Monday

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

## Tuesday

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

### Wednesday

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

### Thursday

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

### Friday

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

### Saturday

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

## Sunday

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

1. 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.

2. What foods/food groups do you need to add more of into your diet?

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3. What foods/food groups should you limit?

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4. Consider your current diet. How might you improve it?

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5. Did you drink enough water? (circle)                      yes                      no

6. How do you think changing your diet will affect your body and mind?

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