**One Day Food Diary**

Complete an individual food diary for one day. Make sure to be as detailed as possible, including drinks with every meal.

To complete the last column on food groups and number of serves, you can look at the websites below or research the individual food product website:

<https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>

<https://www.calorieking.com/au/en/foods/>

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| --- | --- | --- | --- |
| **Meal** | **Food items consumed** | **Weight/portion size of each ingredient** | **Food group and number of serves** |
| *EXAMPLE:*  *Breakfast* | *Bowl of weet-bix with full cream milk* | *2 weet-bix*  *½ cup milk* | *1 serve grains*  *1 serve dairy* |
| **Breakfast** |  |  |  |
| **Morning Tea** |  |  |  |
| **Lunch** |  |  |  |
| **Afternoon Tea** |  |  |  |
| **Dinner** |  |  |  |
| **Extra (eg desserts, snacks)** |  |  |  |
| **Number of serves of each food group for the day**  **Grains:**  **Vegetables:**  **Fruit:**  **Meats & alternatives (protein):**  **Dairy & alternatives:**  **Discretionary choices:** | | | |