

Food Diary - Day.....

Example

	Time	Food/Drink	Who/Where	Moods/Thoughts	H	F
Breakfast	7am	2 slices of wholegrain toast (medium thickness) with 1 tsp of flora light margarine Banana 75ml Glass of fresh orange juice	Home	Content, prepared for day ahead		
Snack	10am	2 small kiwi fruits	Work at desk	Rushed		
Lunch	12.30	Handful of wholegrain pasta with half a tin of tuna with 1 grated carrot & handful of spinach & 1 tbsp low fat mayonnaise Small low fat pot of vanilla yoghurt	Work with colleagues	Relaxed		
Snack	3pm	1 Nakd apple pie bar & cup of tea with skimmed milk	Work at desk	Content		
Dinner	7pm	Small bowl of chilli (made with extra lean beef, beans and lentils & tinned tomatoes) with 1 medium jacket potato	Home with family	Happy to be with family		
Snack	8pm	Small handful of unsalted plain cashew nuts	Home with partner	Relaxed		

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