



Fruit and vegetables

Bread, other cereals and potatoes

Meat, fish and alternatives

Milk and dairy products

**Foods high in fat
Foods and drinks high in sugar**



MY BALANCE OF GOOD HEALTH DIARY _____

	BREAD, CEREALS & POTATOES	FRUIT & VEGETABLES	MILK & DAIRY	MEAT, FISH & ALTERNATIVES	FOODS high in FAT / SUGAR	IS IT BALANCED?
Breakfast						
Morning						
Lunch						
Afternoon						
Evening meal						
Evening						
HOW DID I DO?						