



# Food Diary

This food diary splits meals into different food groups, making it easy to get a clear overview of your child's diet. Please keep this page as a reference for the key and instructions.

## How to use:

1. For every meal and snack, write down each item of food and drink in the relevant box based on the key below. Remember to add measurements if possible. Use the example day as a guide.
2. Complete the food diaries for 2 weeks or more and return to the Tower Hamlets School Health Service, either by post or email. Please include your child's name and the practitioner's name who requested the information.

## Key:







- Beans, pulses, meat, fish, eggs and other sources of protein
- Bread, rice, potatoes, pasta and other starchy foods
- Milk and alternatives
- Fruit and vegetables
- Oils and spreads
- Drinks









## Top tips:

- Children should have at least 5 portions of fruit & veg each day.
- A child's portion will fit into the palm of their hand.







# EXAMPLE

	Breakfast	Lunch	Dinner	Snacks
			Small chicken	1 x sausage roll
	2x weetabix	2 slices of bread	Small potato	
	100ml milk			String cheese
	Grapes		Peas and sweetcorn	Apple
		Peanut butter	Oil	
	50ml apple juice	100ml water	100ml squash	





# Tuesday

	Breakfast	Lunch	Dinner	Snacks
				
				
				
				
				
				




# Monday

	Breakfast	Lunch	Dinner	Snacks
				
				
				
				
				
				







# Wednesday

	Breakfast	Lunch	Dinner	Snacks
				
				
				
				
				
				


# Thursday

	Breakfast	Lunch	Dinner	Snacks
				
				
				
				
				
				

# Saturday

	Breakfast	Lunch	Dinner	Snacks
				
				
				
				
				
				

# Friday

	Breakfast	Lunch	Dinner	Snacks
				
				
				
				
				
				

# Sunday

	Breakfast	Lunch	Dinner	Snacks
