**Your food diary**

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Filling out a food diary will help you know what changes you need to make to your diet and will also help understand patterns in your eating that you may not have noticed before. Use the table below to write down everything you eat and drink throughout the day.

Don’t worry too much about what the results look like at first, just be honest with yourself and you’ll be taking the first step to eating well for your health.

For more information and advice about healthy eating, check out [**bhf.org.uk/eatingwell**](http://www.bhf.org.uk/eatingwell)

**Your food diary**

**Eating well**

British Heart Foundation

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| --- | --- | --- | --- | --- |
| **Day of the week** | **Time of day/ meal** | **What I ate or drank** *Include how much e.g. 1 cup, 2 slices* | **Food groups***Tick all that apply* | **Comments***e.g. where I was, how I was feeling* |
| Fruit and veg | Starchy foods | Meat, fish, eggs and vegetarian alternatives | Milk and dairy foods | Foods high in fat and sugar |
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