My food diary



Тс	o keep t	rack of my eating		
	1eal	Type of food and drinks	Amount	How did I prepare/cook it?
	Breakfast			
Day M S	Morning Snack			
L	unch			
	Afternoon Snack			
D	Dinner			
E\ Sr	vening nack			
	Breakfast			
Day M	Morning Snack			
Lı	unch			
	Afternoon Snack			
D)inner			
Ev Sr	vening nack			

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