Date: __/__/__

Food Record

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How to use this food record:

Write down all that you ate and drank for each meal in each column. Compare the serve you ate to the serve sizes on the Australian Dietary Guidelines Brochure and write the number of each food groups eaten at each meal. Total each food group and compare it to the recomended serves for each group for your age and gender.

Meal	Food Eaten	Veg	Fruit	Grains	Meats*	Dairy*	Extras**
Breakfast							
Morning Tea							
Lunch							
Afternoon tea							
Dinner							
Supper							
Drinks							
	Total of each food group						
	Goal for each food group						
	Difference between actual and goal						

*this includes alternatives to animal products
** extras includes food that is not nutritious
e.g chocolate, lollies, soft-drink, potato chips, biscuits

Download the "Daily Eating Goals" for your age or the "Mental Health Eating Goals" PDF, to do your comparison. Or go to the Eat for Health Website