



Monitor food intake by ticking the boxes relating to the food groups consumed in a day. Consider appropriate portion sizing (next page) and the variety of foods eaten. Add up totals across each food group to check in on the number of portions.

	Fruit and Vegetables	Carbs inc. pasta, rice and potatoes	Protein, inc. beans and meat	Dairy and alternatives
<b>Breakfast</b>				
<b>Morning snack</b>				
<b>Lunch</b>				
<b>Afternoon snack</b>				
<b>Dinner</b>				
<b>Totals</b>				

Food	Portion size
Fruit	About a handful or more
Vegetables	About 3 serving spoons or more
Breakfast cereal	About 3 handfuls
Dried rice or pasta	About 2 handfuls
Baked potato	About the size of your fist
Bread	2 slices (or 1 as a snack)
Chicken breast	About the size of your whole hand
Steak	About the size of your palm
Dried lentils	About 2 handfuls
Nuts and seeds	The amount you can fit in your palm
Cheddar cheese	About the size of two thumbs together
Yogurt	One individual pot or about 4 tablespoons

**Each day, aim for:**



	At least 5 portions of fruit and vegetables	<b>5+</b>
	3-4 portions of starchy foods	<b>3-4</b>
	2-3 portions of protein foods	<b>2-3</b>
	2-3 portions of dairy/alternatives	<b>2-3</b>
	Small amounts of unsaturated oils and spreads	<b>SMALL AMOUNTS</b>