

# The Food Pyramid Food Diary

**Day:** \_\_\_\_\_

<b>Foods:</b>	<b>Portions:</b>						
<b>Fats:</b> High Fat/High Sugar Foods & Drinks	Very small & Occasional						
<b>Protein:</b> Meat, Fish, Eggs & Alternatives	<b>2</b>						
<b>Dairy:</b> Milk, Cheese & Yogurt	<b>3</b>						
<b>Fruit &amp; Vegetables:</b>	<b>5</b>						
<b>Bread, cereals &amp; Potatoes:</b>	<b>6</b>	✓					

✓ Tick the box as you consume each portion