

# Weekly Nutritional Diary



Keeping a weekly food diary for you & your family can be a helpful way to check that you are eating enough of the recommended foods in the suggested amounts. Compare your results to The Balance of Good Health model to give you an idea of any changes you could make.

	Groups	Foods	Amounts*	Goals & Tips
Sample day	Bread, cereals & potatoes	Cereal, bread & potatoes	3 portions	<b>Goal:</b> Try to get your children to eat wholemeal and granary breads. <b>Tip:</b> If your kids are not keen to eat these, try high-fibre white bread instead.
	Meat, fish or alternatives	Carrots & peach	2 portions	
	Foods high in fat & sugars	Cod in batter	1 portion	
	Milk & dairy	Milk & cheese	3 portions	
	Fruit & vegetables	Fizzy drink and chocolate	2 portions	
MON	Bread, cereals & potatoes			<b>Goal:</b> Eat five portions of fruit and vegetables a day. <b>Tip:</b> Make a healthy shake by blending fruit and adding to a cold glass of milk. This could be a great snack alternative.
	Meat, fish or alternatives			
	Foods high in fat & sugars			
	Milk & dairy			
	Fruit & vegetables			
Tues	Bread, cereals & potatoes			<b>Goal:</b> Have a healthy packed lunch. <b>Tip:</b> Add a bag of baby tomatoes; include grated vegetables in a sandwich filling, or add a small box of dried fruit.
	Meat, fish or alternatives			
	Foods high in fat & sugars			
	Milk & dairy			
	Fruit & vegetables			
Wed	Bread, cereals & potatoes			<b>Goal:</b> Avoid sugary breakfast cereals. <b>Tip:</b> If your children are resistant, try mixing with a lower sugar breakfast cereal.
	Meat, fish or alternatives			
	Foods high in fat & sugars			
	Milk & dairy			
	Fruit & vegetables			
Thurs	Bread, cereals & potatoes			<b>Goal:</b> Reduce convenience foods as these are high in fat and salt. <b>Tip:</b> Swap chips for potato wedges. Brush with a little oil and bake in the oven until crispy.
	Meat, fish or alternatives			
	Foods high in fat & sugars			
	Milk & dairy			
	Fruit & vegetables			
Fri	Bread, cereals & potatoes			<b>Goal:</b> Get your children involved in cooking. <b>Tip:</b> This is a fun way to teach them about the importance of a healthy diet and how to prepare food. It is also a great opportunity for them to learn about food safety.
	Meat, fish or alternatives			
	Foods high in fat & sugars			
	Milk & dairy			
	Fruit & vegetables			
Sat	Bread, cereals & potatoes			<b>Goal:</b> Make food fun. <b>Tip:</b> Cut vegetables into different shapes and sizes.
	Meat, fish or alternatives			
	Foods high in fat & sugars			
	Milk & dairy			
	Fruit & vegetables			

\*Amount examples: cups, ounces, spoons & potatoes [www.nevertooearly.co.uk](http://www.nevertooearly.co.uk)