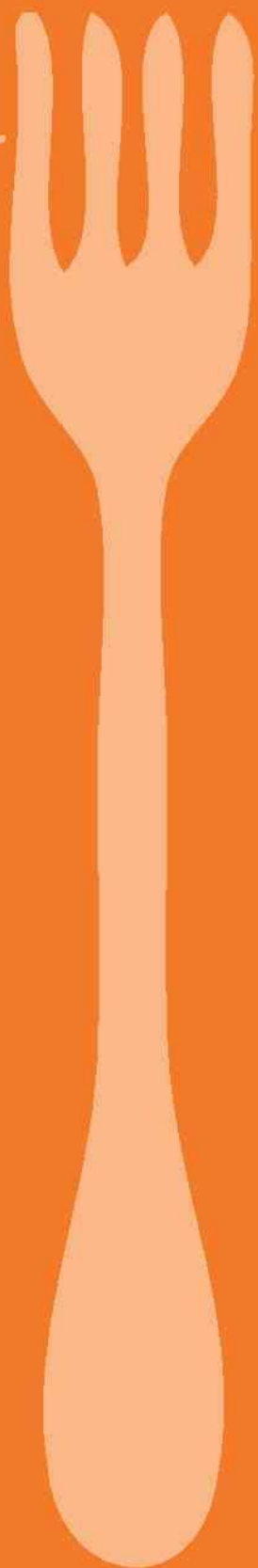


*nutritionplus*



*Food Diary*  
[www.nutritionplus.com.au](http://www.nutritionplus.com.au)

The background is a solid orange color with various food-related icons in a lighter shade of orange. These icons include a pear, a banana, a bunch of grapes, a fish, a slice of Swiss cheese, a chicken drumstick, a whole chicken, a slice of citrus fruit, and a whole orange. A large, vertical, light-colored shape resembling a leaf or a piece of paper is positioned on the right side of the page.

## How to best use this food diary:

- Write down everything that you eat or drink
- Describe each food or drink in detail including brand names, cooking methods & condiments used
- Measure or estimate the size of each serve
- Note any comments such as how you felt after eating or where you were when you ate.

Breakfast ( : am/pm) (kJ/Cal: ) .....

.....  
.....

Comments .....

Lunch ( : am/pm) (kJ/Cal: ) .....

.....  
.....

Comments .....

Dinner ( : am/pm) (kJ/Cal: ) .....

.....  
.....

Comments .....

**Snacks**

• ( : am/pm) (kJ/Cal: ) .....

.....  
• ( : am/pm) (kJ/Cal: ) .....

.....  
• ( : am/pm) (kJ/Cal: ) .....

.....  
Comments .....

Total energy intake ..... kJ/Calories

Day

Date / /

Energy goal:  
..... kJ/Cal

Please tick if you feel you have met your daily requirement for the following food groups:

Vegetables

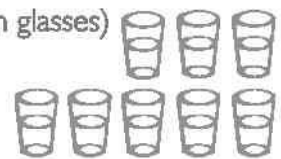
Fruit

Grains

Dairy

Meat & Meat Alternatives

Water consumed (in glasses)



Exercise .....

.....  
.....

Steps .....

What I did well today:

- 
- 
- 

What could have been improved:

- 
- 
-