























You may find it helpful to keep a record of everything you eat and drink for a few days to help you identify where improvements could be made and to keep a track of what you are eating. In addition to **what** you eat, it's important to recognise **when** and **why** you eat. It is easy to eat when feeling bored, sad, stressed or angry or avoid food until we are starving and then over-eat. **Ideally you should be eating regularly, 3-4 times a day and when you are peckish or hungry.**

**Don't forget to record the detail:** e.g. how something was cooked, how much spread / butter / oil was added, portion size, sandwich fillings and pizza toppings etc. This will help identify which part of the meal or snack needs to improve. By making simple changes, your favourite meals could be made healthier.

**Ready meals / packaged foods and drinks.** Use front of pack traffic light labelling: opt for greens and ambers and limit reds. Keep to the recommended serving size.

Food / drink consumed	Before eating were you hungry?	How were you feeling?
<b>BREAKFAST</b>	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
<b>SNACK</b>	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
<b>LUNCH</b>	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
<b>SNACK</b>	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
<b>EVENING MEAL</b>	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	   
<b>SNACK</b>	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving	