# **Food dairy**

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

We have created this food diary to help you keep track of what you are eating.

## Don't forget to...

#### **Check your food labels**

Nutrition labels can help you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars.

Most pre-packed foods have a nutrition label on the back or side of the packaging

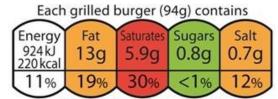
### **Keep Hydrated**

Water It makes up over half of your body

Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy

Dehydrations may make you feel tired, have muscle cramps, dizziness, or other serious symptoms.

A quick way to test how well you're hydrated is to check the colour or your urine (Image right).



of an adult's reference intake Typical values (as sold) per 100g: Energy 966kJ / 230kcal

Typical Values	Typical Values Per 100g	Per Portion (162g)
Energy	1097kJ/262kcal	1777kJ/424kcal
Fat	12.2g	19.8g
of which saturates	5.0g	8.1g
Carbohydrate	24.2g	39.5g
of which sugars	2.8g	4.5g
Protein	13.1g	21.2g
Salt	1.3g	2.1g

You're
Topped up
with fluids.
Keep it up!

#### You're almost there

but could still drink a little more to get everything in balance.

You're Moderately dehydrated
So drink more fluids

You're very dehydrated

Drink some more fluids to get back on track

You're seriously dehydrated
Drink some water or other fluids
without delay

Making Every
Contact Count
across Gateshead

	Monday	Calories
Breakfast		
Dinner		
Diffile		
Tea		
Snacks		
Totale		
Totals		
	Tuesday	Calories
	Tuesday	Calories
Breakfast	Tuesday	Calories
Breakfast	Tuesday	Calories
	Tuesday	Calories
Breakfast  Dinner	Tuesday	Calories
	Tuesday	Calories
	Tuesday	Calories
Dinner	Tuesday	Calories
Dinner Tea	Tuesday	Calories
Dinner	Tuesday	Calories
Dinner Tea	Tuesday	Calories



	Wednesday	Calories
Breakfast		
Diamen		
Dinner		
Tea		
Snacks		
Totals		
	Thursday	Calories
	Thursday	Calories
Breakfast	Thursday	Calories
Breakfast	Thursday	Calories
	Thursday	Calories
Breakfast  Dinner	Thursday	Calories
	Thursday	Calories
	Thursday	Calories
Dinner	Thursday	Calories
Dinner	Thursday	Calories
Dinner	Thursday	Calories
Dinner Tea	Thursday	Calories



	Friday	Calories
Breakfast		
Dinner		
Diffici		
Теа		
Consta		
Snacks		
Totals		
	Saturday	Calories
Breakfast	Saturday	Calories
Breakfast	Saturday	Calories
Breakfast	Saturday	Calories
Breakfast  Dinner	Saturday	Calories
	Saturday	Calories
Dinner	Saturday	Calories
	Saturday	Calories
Dinner	Saturday	Calories
Dinner	Saturday	Calories
Dinner Tea	Saturday	Calories



	Sunday	Calories
Breakfast		
Dinner		
Tea		
Snacks		
Totals		

Find more information, apps, online tools and support from NHS partners at the Better Health Website: <a href="www.nhs.uk/better-health/">www.nhs.uk/better-health/</a>

