

# 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

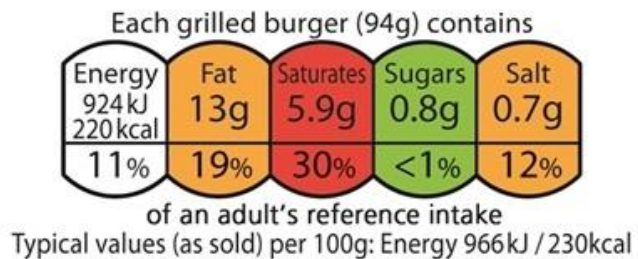
### Keep Hydrated

Water It makes up over half of your body

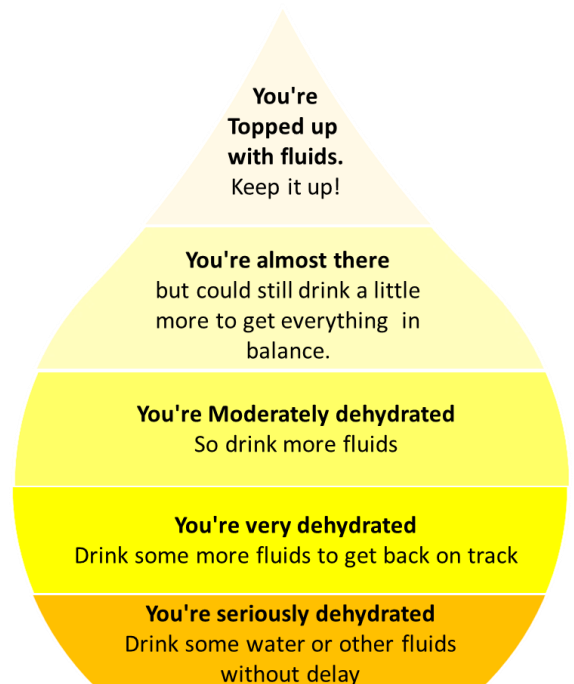
Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy

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 of your urine (Image right).



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



	Monday	Calories
Breakfast		
Dinner		
Tea		
Snacks		
Totals		

	Tuesday	Calories
Breakfast		
Dinner		
Tea		
Snacks		
Totals		

	Wednesday	Calories
Breakfast		
Dinner		
Tea		
Snacks		
Totals		

	Thursday	Calories
Breakfast		
Dinner		
Tea		
Snacks		
Totals		

	Friday	Calories
Breakfast		
Dinner		
Tea		
Snacks		
Totals		

	Saturday	Calories
Breakfast		
Dinner		
Tea		
Snacks		
Totals		

	Sunday	Calories
Breakfast		
Dinner		
Tea		
Snacks		
Totals		

Find more information, apps, online tools and support from NHS partners at the Better Health Website: [www.nhs.uk/better-health/](http://www.nhs.uk/better-health/)