Dietary Self-Assessment

Record what you ate today here:

	What did you eat?	Which food group does it go in?	Number of portions?
Meals and snacks			

Compare this to your targets here:

	General guidelines	Personal target	Actual
Carbohydrate	Less than 4 portions		
Fat	5 to 10 portions		
Protein	3 to 4 portions		
Fruit & Veg	5 to 9 portions		
Milk & Dairy	2 to 3 portions		

Consider other important factors here:

	General guidelines	Personal target	Actual
How many times did you eat?	No more than 3		
How many glasses of water did you drink?	4 to 8 glasses (1 to 2 litres)		
If you had any alcohol, how many units?	No more than 2 to 3 units*		

* You should also have some alcohol-free days each week