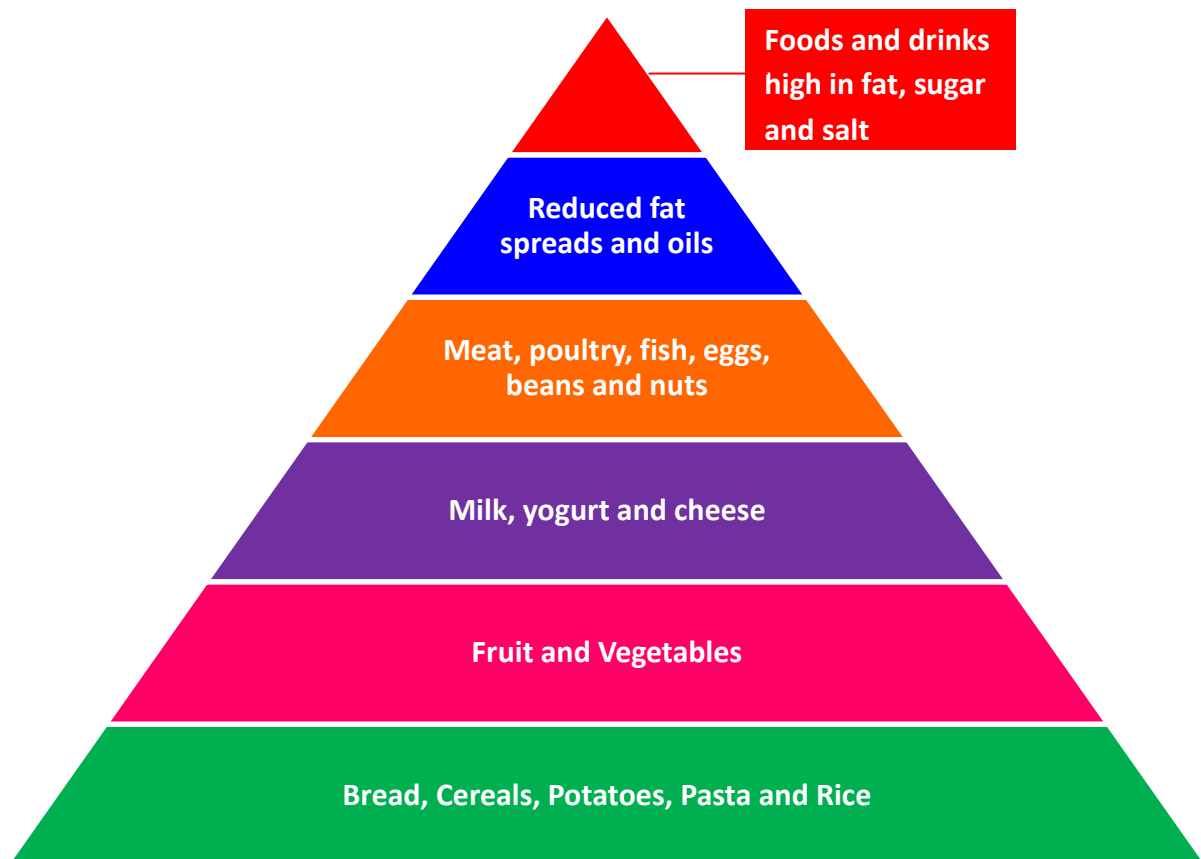# Healthy Eating Food Diary



*The Food Pyramid*

## Date: _____

**How to use the Healthy Eating Food Diary:**

1) In column 1, list everything you eat and drink over the course of the day.

2) In column 2, note the colour of the food group (green, pink, purple, orange, blue or red) according to the image above.

3) At the end of the day, add up the number of greens, pinks, purples, oranges, blues and reds you have listed.

3) When you add up your score, check out our handy table which describes how many servings of each food group you should be consuming every day. The ideal number of servings for you will depend on your age and how active you are.

4) What changes can you make?

## Breakfast

| What food and drink(s) did you have for breakfast? | Colour of food group (green, pink, purple, orange, blue or red) |
|---|---|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |

## Lunch

| What food and drink(s) did you have for lunch? | Colour of food group (green, pink, purple, orange, blue or red) |
|---|---|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |

## Dinner

| What food and drink(s) did you have for dinner? | Colour of food group (green, pink, purple, orange, blue or red) |
|---|---|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |

## Snacks

| What snacks did you have throughout the day (food and drink)? | Colour of food group (green, pink, purple, orange, blue or red) |
|---|---|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6 | |

## How did you score?

| | |
|---|---|
| **Reds** | |
| **Blues** | |
| **Oranges** | |
| **Purples** | |
| **Pinks** | |
| **Greens** | |