

My diet

Name: _____ Date: _____

List the food and drink you had yesterday.

Breakfast	Lunch	Dinner	Snack/Drinks

How does it compare to The eatwell plate?

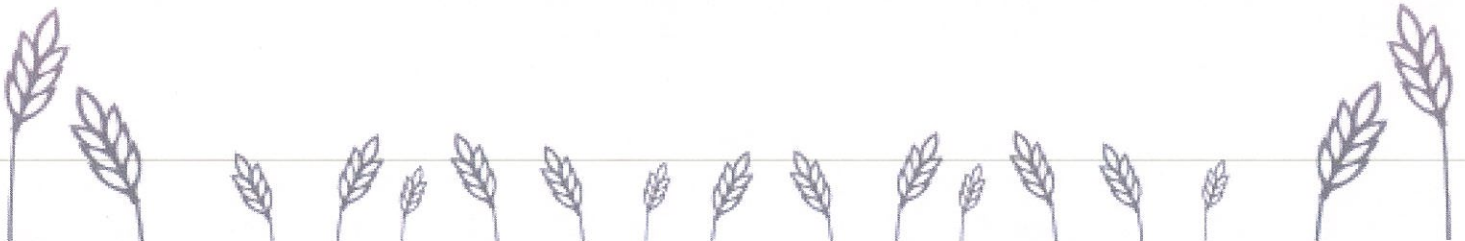


Comments

What types of starchy carbohydrate did you have?

My diet

What is good about your diet? What needs improving? How can you make these changes?



Comparing food labels

Non-wheat-based foods

Food:	
First ingredient (main):	
Energy (kJ) per 100g	
Carbohydrate (total) per 100g	
Fibre per 100g	

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