



Weekly food diary

	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Drinks
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							





Food diary review

CALORIES

RDA: Men 2500, women 2000
Children (5-10) 1800

PROTEIN

RDA: Men 55g, women 45g
Children (5-10) 24g

DRINKS

RDA: Men, women and children
6 - 8 glasses (1-2 litres)

SATURATES

RDA: Men 30g, women 20g
Children (5-10) 20g

FRUIT AND VEGETABLES

RDA: Men, women and children
at least 5 portions

CARBOHYDRATE

RDA: Men 300g, women 230g
Children (5-10) 220g

SALT

RDA: Men 6g, women 6g
Children (5-10) 4g

*RDA = Recommended Daily Allowance

- *I ate the right amount of*
- *I ate/ drank too much.....*
- *I need to eat/ drink more.....*

More information on Recommended Daily Allowances for adults and children: <http://www.gdalabel.org.uk/gda/tandcs.aspx>

