**FOOD DIARY:** Record what you eat and drink every day. Remember, a balanced diet is a key to a healthy and a happy life!

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday  | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast |  |  |  |  |  |  |  |
| Mid-morning |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| Mid-afternoon |  |  |  |  |  |  |  |
| Evening meal |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |

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