

EXAMPLE FOOD DIARY & KEEPING TALLY OF PORTIONS

| Day 1 Time | Food and drink consumed | Amount | Outlines of Exercise and Activity | Portion tally | Approximate Kcal's | Recommendation |
|------------|----------------------------------|--|-----------------------------------|-------------------------------------|--------------------|--|
| 7am | Cup of tea with milk | 1 (400ml) | | 1 cup/glass | 25 | Try a herbal tea like green tea |
| | White bread toast with margarine | 2 slices | | 2 CHO | 340 | Opt for a low GI breakfast e.g. Porridge, muesli (could try dairy free alternative like almond milk) or choose wholemeal bread instead. Butter is a healthier option than margarine too. |
| 8am | Cup of tea with milk | 1 (400ml) | Walking 1.5 miles (hills) | 1 cup/glass | 25 | |
| 11am | Apple | 1 | | 1 fruit | 75 | |
| | Water | 500ml | | 1 cup/glass | 0 | |
| | Rice cakes with avocado | 2 | | 1 CHO, 0.5 fruit | 200 | Try adding a handful of nuts/seed or dried fruit for added protein and healthy omega 3 and 6 fats. |
| 12.30 | Beetroot/Feta salad | 100g feta, 1 beetroot, 1 large mixed green salad | | 2.5 dairy, 3 veg | 500 | Great salad, try adding some green lentils, sunflower seeds for added crunch. Salads are also a great opportunity to use some extra virgin olive oil, another great source of healthy omega 3 fat! |
| | Water | 500ml | | 1 cup/glass | 0 | |
| 2pm | Banana | 1 | 20 min walk to friends | 1 fruit | 90 | Try adding on a further 10 mins to route to increase exercise |
| | Diet Coke | 1 can | | 1 cup/glass | 0 | Try water with a slice of lemon or lime |
| 3pm | Water | 500ml | | 1 cup/glass | 0 | |
| 4pm | 4 glasses of prosecco | 500ml | | | 320 | Try small white wine with Soda water for bubbles |
| 8.30 | Water Pizza - pepperoni | 700ml 3 slices | | 2 cup/glass 3 CHO 0.5 protein | 380 | Try making own pizza on wholegrain base, adding more veg and less cheese and processed meat |
| 10pm | Water | 500ml | | 1 cup/glass | 0 | |

*orange shaded columns completed by trainer

**food calorie information can be found at <http://www.mvfitnesspal.com/food/calorie-chart-nutrition-facts>

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|---|---------------------------------------|
| Portions tally Water – 9 cups/glasses CHO – 6 Protein – 0.5 Oils & spreads - minimal Dairy – 2.5 Fruit & veg – 5.5 | Total daily Kcal's 1955 |
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