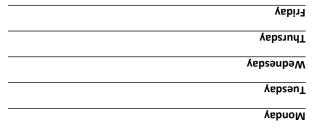
-	_
-	
	wholemeal bread and wholewheat pasta!
	week. You could have wholegrain breakfast cereal,
	Make a list of the higher fibre foods you have this
	sboot ərdfi rədgiH



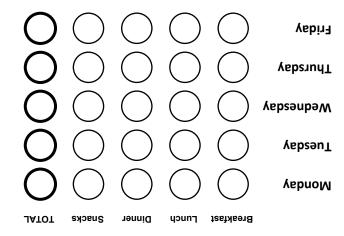
Colour in a glass each time you have a drink this week. Have around 6-8 drinks a day!

#### Drink tracker



How many foods from the Eatwell Guide protein group have you eaten this week? Make a note of them here!

## Vary your protein



Keep score of how many fruit and vegetables you have this week. You should have at least 5 A Day, every day.

## 5 A Day tracker

British **Nutr** 

# Which of these have you done this week?

Rate yourself between



I have...

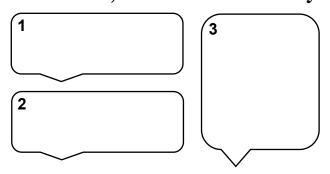
had some wholegrain foods
tried a new fruit or vegetable
had plenty of tap water
used reusable cups and bottles
had some beans or lentils





My Health Tracker

#### This week, I wasted less food by...



Name

