**Your portion wise tracker**

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| --- | --- | --- | --- | --- | --- |
| **Meal** | **Foods included** | **Icon  Description automatically generated**  **5+** | **Icon  Description automatically generated**  **3-4** | **Icon  Description automatically generated**  **2-3** | **Icon  Description automatically generated**  **2-3** |
| **Breakfast** | ***Example: Wholegrain cereal and milk*** |  |  |  |  |
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|  |  |  |  |  |
| **Morning snack** |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| **Afternoon snack** |  |  |  |  |  |
| **Evening meal** |  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| **Total daily portions** | |  |  |  |  |

Use this tracker with our Your balanced diet - get portion wise! guides available on [www.nutrition.org.uk](http://www.nutrition.org.uk). A balanced diet is about having the right types of foods and drinks in the right amounts for you. Aim for at least 5 portions of fruit and vegetables, 3-4 of starchy foods (choose wholegrains), 2-3 of protein (include some plant sources), 2-3 of dairy (or dairy alternatives) and include some unsaturated fats (like olive or rapeseed oil).