**Your portion wise tracker**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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*** |[ ] [x] [ ] [x]
|  |  |[ ] [ ] [ ] [ ]
|  |  |[ ] [ ] [ ] [ ]
|  |  |[ ] [ ] [ ] [ ]
| **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).