

NAME:

DATE:

MEAL	TIME	FOOD/DRINK	QUANTITY	DETAIL
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Supplements				
Activity				



Please take the time and fill in the food record as accurately as you can. Take your food and exercise record with you when you visit your Accredited Practising Dietitian (APD). To find an APD go to [www.daa.asn.au](http://www.daa.asn.au) or call the APD hotline 1800 812 942.



**Australia's Healthy Weight Week 2017** is an initiative of the Dietitians Association of Australia (DAA) proudly sponsored by MLA, CanPrint, Australia Chicken Meat Federation, Australian Mushrooms, McKenzie's Foods, Xyris Software and Australian Almonds.

[www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)

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