

# Nutrition for Health – What Are You Eating?

It may be helpful to record what you eat and drink in the Nutrition for Health model. This can help you compare your current dietary approach with the recommended portion ranges for the dietary approach you want to follow. Simply record how many portions you have from each food group in the relevant section of the Nutrition for Health model below, then count up your total portions for each food group at the end of the day. Remember, it is not recommended to eat more than three times in a day - unless you are on medication where this is required.

Date: .....

