



BASIC FOOD LOG

To meet the nutrient requirements essential for good health, you need to eat a variety from each of the five food groups daily, in the recommended amounts. Take a look at the [Australian Dietary Guidelines](https://www.eatforhealth.gov.au/guidelines) and discover the amount and kinds of foods that we need to eat for health and wellbeing. The recommendations are based on scientific evidence, developed after looking at good quality research. By following the dietary patterns recommended in the Guidelines, we will get enough of the nutrients essential for good health and also help reduce our risk of chronic health problems such as heart disease, type 2 diabetes, some cancers and obesity.

The five food groups:

- Fruit
- Vegetables and legumes/beans
- Milk, yoghurt cheese and/or alternatives, mostly reduced fat
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Your Daily Food Log:

FOOD DESCRIPTION	QTY EATEN	CALORIES	FEELINGS / HUNGER LEVEL