



5 Day Fruit Diary



Are you eating enough fruit and veg? Use this fruit diary to help you find out.

	Tuesday	Wednesday	Thursday	Friday
Breakfast	_____	_____	_____	_____
	_____	_____	_____	_____
Snack	_____	_____	_____	_____
	_____	_____	_____	_____
Lunch	_____	_____	_____	_____
	_____	_____	_____	_____
Dinner	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
Snack	_____	_____	_____	_____
	_____	_____	_____	_____
Supper	_____	_____	_____	_____
	_____	_____	_____	_____
Portions of fruit & Veg	Portions of fruit & Veg	Portions of fruit & Veg	Portions of fruit & Veg	Portions of fruit & Veg
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LIVE YOUR LIFE THE HEALTHY WAY, EAT FIVE OR MORE PORTIONS OF FRUIT AND VEG EACH DAY