

Meal Tracker

Small Changes make a Big Difference



Healthy eating can make a huge difference to your cholesterol levels and your heart health, whether your cholesterol has crept up over the years or you have a genetic condition. Keeping a record of what you eat can help you see where improvements can be made. Include at least 5 portions of fruit and veg and 3 portions of wholegrains a day and 2 portions of fish a week.

	Breakfast	Lunch	Dinner	Snacks	Fruit & Veg	Wholegrains*	Fish
Monday							Aim to eat two portions of fish per week. One of which should be oily. e.g. Salmon, Mackerel, Sardines
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

*Wholemeal bread, wholegrain cereals, brown rice, wholewheat pasta.

