



Observing my plate · Day 1

Two typical days and one different day if possible. Stick to your habits: no model day, no mandatory weighing.

Date: _____ Today's schedule: _____

After each meal, snack or drink, note the foods and drinks, any extras and approximate amounts: bowl, slices, plate, ladle...
Write freely, with no scoring or calorie counting.

Meals, snacks and drinks, on your schedule

Time	Foods, drinks and approximate amounts	Appetite, comfort and context
Morning		
Midday		
Evening		
Other food and drinks		

What made my meals easier or harder

Budget, time, equipment, access to food, appetite, enjoyment or tolerance.

An observation to keep, not a diagnosis

This diary does not diagnose any deficiencies. Stop if logging your meals increases anxiety, guilt or controlling behaviour. Seek professional advice if you experience unintentional weight loss, difficulty eating or persistent symptoms.



Observing my plate · Day 2

Two typical days and one different day if possible. Stick to your habits: no model day, no mandatory weighing.

Date: _____ Today's schedule: _____

After each meal, snack or drink, note the foods and drinks, any extras and approximate amounts: bowl, slices, plate, ladle...
Write freely, with no scoring or calorie counting.

Meals, snacks and drinks, on your schedule

Time	Foods, drinks and approximate amounts	Appetite, comfort and context
Morning		
Midday		
Evening		
Other food and drinks		

What made my meals easier or harder

Budget, time, equipment, access to food, appetite, enjoyment or tolerance.

An observation to keep, not a diagnosis

This diary does not diagnose any deficiencies. Stop if logging your meals increases anxiety, guilt or controlling behaviour. Seek professional advice if you experience unintentional weight loss, difficulty eating or persistent symptoms.



Observing my plate · Day 3

Two typical days and one different day if possible. Stick to your habits: no model day, no mandatory weighing.

Date: _____ Today's schedule: _____

After each meal, snack or drink, note the foods and drinks, any extras and approximate amounts: bowl, slices, plate, ladle...
Write freely, with no scoring or calorie counting.

Meals, snacks and drinks, on your schedule

Time	Foods, drinks and approximate amounts	Appetite, comfort and context
Morning		
Midday		
Evening		
Other food and drinks		

What made my meals easier or harder

Budget, time, equipment, access to food, appetite, enjoyment or tolerance.

An observation to keep, not a diagnosis

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Choose a first change

Read through the three days again. They give an incomplete snapshot of your diet. Add your usual weekly habits, without assigning a health score.

What I notice

Area to review	Habit and constraint observed
Fruit and vegetables, variety	
Pulses and wholegrain starchy foods	
Protein sources and adequate meals	
Drinks, appetite and comfort	

Selected French guidelines for adults: at least five portions of fruit and vegetables a day, pulses at least twice a week, at least one wholegrain starchy food a day. Individual needs and medical conditions may require adjustments.

Sources and details in the article linked at the bottom of the page. Three days are not enough to check all weekly frequencies.

One realistic change

Examples: water on an occasion when you would usually have a soft drink, frozen vegetables in a dish you enjoy, small amounts of lentils depending on tolerance, adding to an inadequate meal.

What I will try and at which meal:

How I plan to account for budget, time or tolerance:

Review date, after one or two weeks: _____

Review: feasibility, enjoyment, appetite and comfort. No changes in biological markers are promised.

Questions to ask a healthcare professional

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