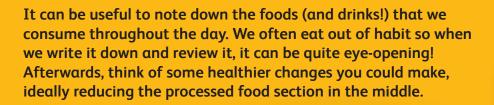


Head 4 Health: My Food Diary





Alcoholic Drinks
Number of portions:

Fruit & Vegetables Carbohydrates Number of portions: **Processed Foods** Fats Protein Number of portions: Number of portions: Milk & Dairy Number of portions:







