



My Day in Groups

OBJECTIVE

Learn to observe your diet throughout a day, organizing foods by **food groups**, identifying **excesses and shortages**, and proposing **realistic adjustments** to improve balance — without excluding foods.

YOUR MISSION

For **24 hours**, record everything you eat and analyse your food day by **groups**.

Step 1 — Registration of the day

Write down everything you ate:

Meal	Food consumed
Breakfast	
Lunch	
Snack(s)	
Dinner	
Other	



Step 2 – Group the Foods

Distribute the food among the respective groups:

Food group	Foods of your day
Vegetables	
Fruit	
Cereals (preferably wholemeal)	
Legumes	
Dairy or alternatives	
Meat, fish and eggs	
Fats (e.g. olive oil)	
Other	

Step 3 – Observe the balance

Answers:

- Which groups appear in excess?

- Which groups appear missing or underrepresented?



Step 4 - Three small changes

Write down **three simple changes** you could make the next day to improve balance, **without taking food** out, just adjusting **quantities and variety**.

1. _____
2. _____
3. _____

FINAL REFLECTION

What did you learn about your eating pattern by looking at it by **groups** rather than isolated foods?

FOODWISELAB TIP

Balance is not prohibiting — it is **adjusting, varying** and **combining foods** better throughout the day.