

# Fat Tracker

Example:

Day of the Week: Tuesday		Date: 5th March		Max. Daily Fat Allowance:	44g
Time	Food Item/Description	Serving size or weight of food	Fat (grams)	Max. Daily Fat Balance	
7am	Poached egg	1 medium	5	39	
	Sliced ham, fat removed	1 slice	1	38	
	Wholemeal bread	2 slices	2	36	
	Low fat spread over two slices	1 teaspoon	2	34	
	Banana	1 medium	0	34	
	Coffee, black	1 cup	0	34	
	12pm	Turkey breast	60g	1	33
Reduced-fat mayonnaise		15g	4	29	
green salad (tomatoes, lettuce)		30g	0	29	
Wholemeal roll		1	2	27	
Low-fat fruit yoghurt		125g	1	26	
Orange juice		200ml	0	26	
Apple		1 medium	0	26	
3pm	Carrot sticks	100g	0	26	
	Rye crisp bread	2	0	26	
	Cheddar cheese cubes	25g	9	17	
	Water	1 glass	0	17	
7pm	grilled chicken breast, skin removed	120g	3	14	
	Spaghetti, boiled	125g cooked	2	12	
	Tomato-based pasta sauce	100g	2	10	
	Parmesan cheese	10g	3	7	
	grapes, handful	65g	0	7	
8pm	Low-fat rice pudding	70g	1	6	

Today I felt: (please circle one)



