

Food Tracker

DAY	DID I EAT ANY ULTRA-PROCESSED FOODS? (Yes/No)	WHICH ONES? (e.g., crisps, soft drinks, packaged cake, or biscuits)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

END-OF-WEEK REFLECTION

- How many times did I eat ultra-processed foods this week?
- What was the most common type?
- Can I swap any of them next week?

Tick 'Yes' if you had any foods with long ingredient lists, additives (usually with E numbers), such as preservatives (e.g. sodium benzoate), sweeteners (e.g. aspartame), colourings (e.g. tartrazine), flavourings (e.g. MSG), thickeners (e.g. xanthan gum) or emulsifiers (e.g. lecithin).

Try to be honest and curious - this tracker is for your own awareness.