



My Food Budget Makeover

Align your spending with nutrition guidelines in the steps below to see how you can eat more healthfully within your current budget. You'll need to download and complete the *My Food Spending* worksheet first.

Write your Overall Total Spent from the *My Food Spending* worksheet.

Divide your Overall Total Spent by 10.

This is your food spending *Tenth*.

\$ _____ ÷ 10 = \$ _____

Sample Food Budget Makeover

1. Write your *Tenth* in the first line of each section below.
2. Multiply your *Tenth* to work out your new food budget allocation.

**Average
Cost Per Kilo**



Spend & Eat Most (60% or more)

\$ _____ x 6 = _____



\$
Low



Spend & Eat Moderately (about 30%)

\$ _____ x 3 = _____



\$
Med



Spend & Eat Least (10% or less)

\$ _____ x 1 = _____



\$
High



**Food Budget
Total**

= \$ _____ per week / fortnight / month

A Simple Guide: for every \$10 spent on food, spend \$6 on Eat Most foods, \$3 on Eat Moderately foods, and \$1 on Eat Least foods.