

Siart Cofnodi Bwyd

Food Record Chart Guide



Llywodraeth Cymru
Welsh Government

Diben yr wybodaeth hon yw eich helpu i roi gwybodaeth gywir am faint prydau ar Siart Bwyd a Hylif Cymru Gyfan ar gyfer Lleoliadau Cymunedol. Cyfeiriwch at y lluniau isod wrth lenwi'r Siart. Rhaid cofnodi pob math o fwyd a gymerir yn gywir.

This information is designed to help you with accurate documentation of portion sizes on the All Wales Food and Fluid Chart for Community Settings. Please refer to the photographs below when completing the Chart. All food intake must be recorded accurately.

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Maint Prydau / Meal Sizes



Bach / Small



Canolig / Medium



Mawr / Large

Pwdin / Dessert

Faint ohono gafodd ei fwyta / Amount eaten



Dim / None



1/4



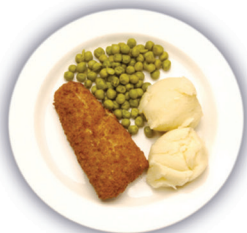
1/2



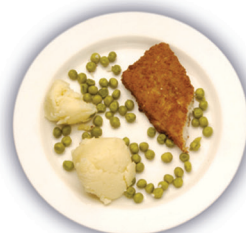
3/4

Prif Bryd / Main Meal

Faint ohono gafodd ei fwyta / Amount eaten



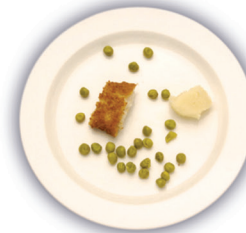
Dim / None



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Bwyd o Ffynonellau Eraill / Other sources of food

Ychwanegion
maethol /
Nutritional
Supplements

Pryd ar ffurf piwrî /
pureed meal

