

Eating & Exercise Basics

Learn by Logging

Carry this Tracker™ in your pocket or purse.
For 45 days on pages 11-55, do the following:

1. Record the date, your weight, and the hours of sleep you get per night.
2. Write down what you eat and drink for meals and snacks and times you have them. List calories for each. Studies have shown that people who write down what they eat and drink lose more weight than people who don't.
3. Check off how many 8 oz. glasses of water you drink a day. Include fluids from other beverages.
4. Cross off your mood for each meal and snack.



Happy



Sad



Angry



Anxious

5. Identify times that you eat too much or too many unhealthy foods. Doing this can help you make healthy changes, such as avoiding mindless snacking.
6. List physical activities you do and for how long (or how many steps you take). Writing down the activities you do helps you make physical activity a priority.



See sample log on page 10.

My Health Goals

Check the healthy changes you want to make.

☐ Eat more fruits and veggies.

Number I now eat/day: ____

Aim for 5-9 servings/day.

☐ Lose weight.

Start with a goal of losing 10% of your current weight. My weight now ____ ÷ 10 = ____ lbs.

My long-term goal is to weigh: ____ lbs.

Aim for a slow, steady weight loss
(1-2 lbs. / week).

☐ Whittle my waist.

My waist measurement now: ____ inches

My goal: ____ inches

General health goals: < 40 inches for men;
< 35 inches for women

☐ Drink at least 6-8 glasses of water a day.

Number I drink now: ____ glasses

Drinking water instead of one 12 oz. soft drink/
day could help you lose 15 lbs. in a year!

☐ Get more sleep.

Hours of sleep per night I get now: ____

Aim for 7-8 hours of sleep/ night.

☐ Exercise more.

Minutes of exercise I usually do/week: ____

My goal: ____ minutes/week

Healthy Eating Choices

- ☐ Lots of vegetables and fruit
- ☐ Less high calorie, high fat, high sugar foods
- ☐ Lean meat, chicken, turkey, and fish
- ☐ Low-fat and nonfat dairy foods
- ☐ Limit portion sizes for meals and snacks.
(See pages 6-7.) Little piece or serving.
- ☐ Labels. Read the "Nutrition Facts" on food labels. Choose foods that give dietary fiber, vitamins A and C, calcium, and iron. Choose foods that are low sugar and fat, especially *trans* fat and saturated fat.
- ☐ Limit sodium to 1,500-2,400 mgs. /day.



- ☐ Start the day with a healthy breakfast.
- ☐ Eat at regular times during the day.
- ☐ Eat when you are truly hungry, not as a response to boredom, stress, and emotions.

My Healthy Eating Plan



Use ChooseMyPlate to help you make healthy food choices and proper serving sizes. Find out more about this and get a custom eating plan from www.choosemyplate.gov.

Sample Calorie Levels & Daily Food Plans

Calories	Grains	Veggies	Fruits	Milk	Meat/Beans	Oils	Extra Calories
1,600	5 oz.	2 cups	1½ cups	3 cups	5 oz.	5 tsp.	120
2,000	6 oz.	2½ cups	2 cups	3 cups	5½ oz.	6 tsp.	260

Tip the Scales in Your Favor

One pound of body fat is worth 3,500 calories.

To lose one pound of body fat per week:

- Eat 500 fewer calories a day.
- Burn an extra 500 calories a day.
- Eat 250 fewer calories and burn an extra 250 calories a day (or any other combination of 3,500 calories per week).



What is a Serving?

Grains (1 oz. serving)

- 1 slice of bread; ½ English muffin
- 1 cup dry cereal
- ½ cup cooked cereal, pasta, or rice

Veggies (1 cup serving)

- 1 cup raw or cooked veggies
- 2 cups raw, leafy veggies
- 1 medium baked potato

Fruits (1 cup serving)

- 1 large banana, orange, or peach
- 1 small or ½ large apple
- 1 cup berries or 100% fruit juice
- ½ cup dried fruit

Milk

- 1 cup fat-free or low-fat milk or yogurt
- 1½ oz. hard cheese
- 2 oz. processed cheese

Meats & Beans (1 oz. serving)

- 1 oz. cooked lean meats or poultry
- 1 egg
- ½ oz. nuts or seeds; 2 Tbsp. hummus
- ¼ cup chickpeas, lentils, or tofu
- 1 Tbsp. peanut butter

Oils






- 1 tsp. oil or *trans* fat-free margarine
- 1 Tbsp. salad dressing



Serving Size Matters

People tend to think they eat less than what they actually do. One way to find out how much you eat is to use measuring cups and spoons and a food scale. Do this for everything you eat and drink for at least one day.

You can also use common objects to estimate serving sizes.

-  1 cup = 2 hands cupped or clenched fist
-  ½ cup = Computer mouse
-  1 oz. = Domino
-  3 oz. = Deck of cards
-  1 Tbsp. = One die
-  2 Tbsp. = 1 ping-pong ball
-  1½ oz. low-fat cheese = 4 dice

Physical Activity Guidelines

Each week, adults should do at least 2 hrs. and 30 min. of moderate-intensity physical activity, such as walking, gardening, and water aerobics or 1 hr. and 15 min. of vigorous-intensity physical activity, such as jogging, race walking, and swimming laps.

To lose and control your weight, you may need to increase these times. Start slowly. Build gradually. Consult your health care provider before beginning an exercise program.



Physical Activity Burns Calories

Calories Burned for 10 Minutes of Activity for Persons of Different Weights

Activity	120 lbs.	140 lbs.	160 lbs.	180 lbs.	200 lbs.
Aerobic Dance (medium)	55	64	74	83	92
Aerobic Dance (intense)	73	85	98	110	122
Basketball	75	88	100	113	126
Bicycling 5.5 mph (8.8 km/h)	35	40	46	52	58
Bicycling 9.5 mph (15.3 km/h)	54	63	72	81	90
Dancing, ballroom	28	32	37	41	46
Golf	46	53	61	68	76
Jumping rope (70 jumps/min.)	89	104	118	133	148
Jumping rope (145 jumps/min.)	107	125	142	160	178
Mowing the lawn	61	71	82	92	102
Racquetball	97	113	130	146	162
Running 9-min. mile (1.6 km)	104	122	139	157	174
Running 6-min. mile (1.6 km)	138	161	184	207	230
Sitting still	10	13	14	16	18
Skiing cross country, walking	78	91	104	117	130
Skiing cross country, uphill	150	175	200	225	250
Squats	115	134	154	173	192
Swimming, crawl, slow	70	81	93	104	116
Swimming, breast stroke, fast	89	104	118	133	148
Walking, normal pace	43	50	58	65	72
Volleyball	89	104	118	133	148

Source: <http://whatscookingamerica.net/Information/CalorieBurnChart.htm>

Eating & Exercise Tracking

Date: 10/1 Weight: 160 (lbs.) Sleep: 6 (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast: orange juice - 1/2 cup wheat toast - 2 slices margarine - 2 tsp. coffee, black	7:00am		51 130 68 0
Lunch: Arby's roast chicken club - 1 Brisk no calorie peach iced green tea - 22 oz.	1:00pm	 	500 5
Dinner: baked halibut - 4 oz. baked yam - 1/2 cup brown rice - 1 cup tossed salad - 1 cup Italian dressing - 2 Tbsp.	7:00pm	 	158 79 216 23 86
Snacks: plain bagel - 1 large red grapes - 20 chocolate chip cookies - 3 med. low-fat choc. milk - 8 oz.	9:00am 4:00pm 9:00pm 9:00pm	 	260 68 144 158

* Find out calories for items on pages 57-64.

Total Calories 1,946

Check Off Number of Servings Per Day

Water (8 oz. servings)

Grains & Starches

Vegetables

Fruits

Milk, etc.

Meat & Beans

Additional Fats

Physical Activity	Min.	# of Steps
Raked leaves	30	
Rode stationary bike	20	
Total	50	

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:			
Lunch:		 	
Dinner:		 	
Snacks:		 	

* Find out calories for items on pages 57-64.

Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings)

Grains & Starches

Vegetables

Fruits

Milk, etc.

Meat & Beans

Additional Fats

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😟	
Lunch:		😊 😞 😡 😟	
Dinner:		😊 😞 😡 😟	
Snacks:		😊 😞 😡 😟	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Eating & Exercise Tracking

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Date: _____ Weight: _____ (lbs.) Sleep: _____ (hours)

Food/Drink - Amount	Time	Mood	Calories*
Breakfast:		😊 😞 😡 😱	
Lunch:		😊 😞 😡 😱	
Dinner:		😊 😞 😡 😱	
Snacks:		😊 😞 😡 😱	
* Find out calories for items on pages 57-64.			Total Calories

Check Off Number of Servings Per Day

Water (8 oz. servings) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Grains & Starches ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Vegetables ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruits ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Milk, etc. ☐ ☐ ☐ ☐ ☐

Meat & Beans ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Additional Fats ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Physical Activity	Min.	# of Steps
Total		

Calories Count. So Do Nutrients.

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Breakfast/Grains					
Bran Flakes	¾ cup	96	.7	220	5.3
Cheerios	1 cup	100	2	190	3
Granola, oats & honey	½ cup	210	6	25	3
Fiber One					
Frosted Flakes	¾ cup	110	0	140	1
Oatmeal, cooked	½ cup	104	1.7	1	2.6
Oatmeal, instant	1 packet	97	1.6	80	2.8
Wheat toast	1 slice	65	1	132	1.2
White toast	1 slice	79	1.1	160	.7
Bagel, mini	1	72	.4	139	.6
Bagel, Einstein, plain	1	260	1	460	2
Biscuit, large	1	260	12	460	2
Cinnamon roll, Cinnabon	1	813	32	801	4
Cinnabon's minibon	1	339	13	337	2
English muffin	1	160	3	280	2
French toast	1 slice	164	3	283	1
Pancake, 4 inch diameter	1	74	1	239	.5
Muffin, cornbread from mix	1	160	6	250	.5
Muffin, Costco, double choc.	1	690	38	590	3
Doughnut, glazed	1	200	12	95	.5
Fruit					
Apple	1	95	.4	2	4.4
Apricot	1	17	.1	0	.7
Avocado	1 cup	384	35.4	18	15.6
Banana	1 med.	105	.4	1	3.1
Cantaloupe, small	1/8 piece	19	.1	9	.5
Cherries	1 cup	87	.3	0	2.9
Grapes, red or green	20	68	.2	1	.4
Kiwi	1	46	.4	2	2.3
Orange juice	½ cup	51	0	1	0
Orange	1 med.	62	.1	0	3.1

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Peach	1 med.	38	.3	0	1.5
Pear	1 small	81	.1	1	4.3
Pineapple	1 cup	83	.2	2	2.3
Raisins	1 mini box	42	0	2	.5
Strawberries	1 cup	49	.5	2	3
Watermelon	1 cup	46	.3	2	.6
Dairy					
Cheese, cheddar	1 oz.	113	9.3	174	0
Cheese, cheddar, low-fat	1 oz.	48	2	171	0
Cheese, cottage 2%	4 oz.	102	2.1	459	0
Cheese, processed	1 oz.	110	5	480	0
Cheese, Swiss	1 oz.	106	7.8	54	0
Milk, whole	1 cup	147	8.1	98	0
Milk, 2%	1 cup	122	4.9	100	0
Milk, chocolate 1%	1 cup	158	2.5	153	1.3
Milk, skim	1 cup	91	.7	130	0
Sour cream	1 Tbsp.	26	2.5	6	0
Sour cream, light	1 oz.	39	3	20	0
Yogurt, plain fat-free	1 cup	137	.5	189	0
Yogurt, plain low-fat	1 cup	154	3.9	172	0
Egg, hard cooked	1	57	4	52	0
Egg, scrambled	1 large	80	5	78	0
Butter or margarine	1 tsp	34	3.8	29	0
Meats					
Bacon	1 strip	46	3.6	196	0
Ham	1 oz.	46	2.4	365	.4
Sausage	1 link	81	6.8	180	0
Fast Food					
Egg McMuffin	1	300	12	820	2
Sausage Biscuit	1	430	27	1080	2
Hotcakes & sausage	1 serving	520	24	930	3

Calories Count. So Do Nutrients.

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Lunch					
Fast Food/Burgers					
Hamburger, small	1	250	9	520	2
Cheeseburger, small	1	300	12	750	2
Quarter pound with cheese	1	510	26	1190	3
BK Veggie Burger	1	400	16	1020	7
White Castle burger	1	140	6	360	1
Whopper Jr.	1	530	19	340	2
Whopper	1	670	40	530	3
Double Whopper	1	900	57	980	3
Chicken					
Arby's Roasted Chicken Club	1	500	23	1370	2
McDonald's McNuggets	1 piece	46	2.9	101	0
Wendy's Chicken Nuggets	1 piece	45	2.9	85	0
Frankfurters					
Frankfurter on a bun	1	315	18.5	990	.5
Coney chili dog	1	464	21	1046	2
Sonic chili cheese dog extra long	1	660	39	1860	4
Pizza					
Applebee's Veggie Patch Pizza Appetizer	1 serving	930	67	2270	5
Costco pepperoni	1 slice	620	24	1290	3
Domino's hand-toss pepperoni	1 slice	290	12.5	680	2
Frozen crust, pepperoni	1 slice	432	22.2	902	3.2
Little Caesar's pepperoni	1 slice	280	11	520	1
Pizza Hut Personal pan, cheese	1 serving	590	24	1290	3
Thin crust, cheese	1 slice	192	9.9	366	1.3
Three cheese bagel bites	4 pieces	200	6	550	2

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Sides					
Macaroni & cheese	5 oz.	180	9	880	2
Baked potato	1 med.	161	.2	422	3.8
McDonald's French fries	1 small	231	11.5	161	2.8
McDonald's French fries	1 large	500	11.5	350	6
BK French fries, salted	1 small	344	17.2	530	3.8
BK French fries, unsalted	1 med.	439	22	675	4.9
White Castle onion rings	1 saver	213	13.7	193	2
Salads					
Red Robin Apple Harvest Chicken Salad	1 serving	812	44	1769	8
KFC Cole slaw	½ cup	180	11	160	2
KFC Potato Salad	1 serving	200	10	540	3
Garden Fresh w/ dressing (Olive Garden)	1 salad	350	26	1930	3
McDonald's Southwest with chicken	1 salad	320	9	960	6
Tossed, small	¾ cup	17	.1	27	0
Tuna Salad	3 oz.	159	7.9	342	0
Salad Dressings & Condiments					
Balsamic vinaigrette	2 Tbsp.	50	5	280	0
Blue cheese dressing	1 Tbsp.	76	7.8	164	0
Caesar dressing	1	78	8.5	158	0
Catsup	1 Tbsp.	15	.1	167	.1
Croutons (Wendy's)	1 packet	80	3	190	0
French, fat-free (Wendy's)	1 packet	40	0	95	0
Honey mustard	1 serving	210	18	460	0
Italian dressing	1 Tbsp.	43	4.2	243	0
Mayonnaise	1 Tbsp.	57	4.9	105	0
Mayonnaise, light	1 Tbsp.	50	5	100	0
Mustard	1 Tsp.	3	.2	56	.2
Pickle, dill	1 spear	5	.1	385	.4

Calories Count. So Do Nutrients.

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Ranch dressing	1 Tbsp.	73	7.7	122	.1
Salsa	2 Tbsp.	9	.1	198	.5
Chipotle Salsa, corn	3.5 oz.	80	1.5	410	3
Thousand Island dressing	1 Tbsp.	59	5.6	138	.1
Sandwiches					
Grilled cheese, 3 oz cheese; 3 oz. bread	1	670	46	935	4
Hardee's hot ham & cheese	1	280	12	1090	1
Arby's roast beef, regular	1	350	13	960	2
Subway tuna, on wheat	1 6" sub	530	30	930	5
Soups					
Baked potato	1 bowl	773	48.4	3841	8
Broccoli cheddar	8 oz.	194	10.7	1028	4.7
Butternut squash	8 oz.	90	2	550	3
Chicken noodle	1 cup	130	4.7	1737	0
Chili with beans	1 cup	310	17	600	7
Chili without beans	1 cup	355	19	910	3.5
Cream of broccoli (Tim Horton's)	1 bowl	160	9	820	1
Egg drop (P.F. Chang's)	7oz.	60	3	640	0
French onion (Panera)	1 small	167	8.4	1540	.7
Hot & sour (Panda Express)	10.6 oz.	90	3.5	970	1
Miso soup w/ tofu	1 cup	93	4.3	805	1.4
New England clam chowder	1 cup	230	17	680	0
Split pea w/ ham	10 oz.	150	2.5	880	5
Tomato, with milk	1 cup	151	1.5	1383	3
Turkey chili	1 cup	220	7	930	5
Vegetable, canned	1 cup	122	3.6	1010	1.2
Wonton (P.F. Chang's)	7 oz.	92	3	482	0

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Meats & Poultry					
Chicken	3 oz.	142	3.1	64	0
Ground beef, 80% lean	4 oz.	278	18	94	0
Ground beef, 95% lean	4 oz.	185	6.7	80	0
Ground turkey	4 oz.	266	14.9	121	0
Kielbasa, turkey and beef	2 oz.	127	9.9	672	0
Pepperoni	1 oz.	140	13	490	0
Pork ribs	4 oz.	449	34.2	105	0
Pork chop	3 oz.	204	11.1	49	0
Prime rib (Omaha)	8 oz.	570	45	450	0
Roast beef	3 oz.	138	3.5	32	0
Salami	1 oz.	104	8.1	543	0
Top sirloin	4 oz.	240	16	60	0
Turkey	1 oz.	29	.5	288	.1
Breads & Grains					
Bread, Italian white	1 piece	200	2	390	1
Bread, pita white	1 pita	165	.7	322	1.3
Bread, pita wheat	1 pita	74	.7	149	2.1
Bread, sourdough	1 roll	210	2	350	2
Bread, white	1 slice	67	.8	170	.6
Bread, rye	1 slice	180	0	320	1
Bread, whole wheat	1 slice	100	1.5	105	4
Bread, 15-grain	1 slice	70	1.5	75	3
Couscous, dry	1 oz.	96	.2	4	1.2
Croissant	1 mini	114	5.9	208	.7
English muffin	1	120	1	200	1
Pasta, white	1 cup	182	1	1	2.1
Pasta, whole wheat	1 cup	174	.7	4	3.9
Quinoa	½ cup	127	2	10	2
Rice, brown	1 cup	216	1.8	10	3.5
Rice, white	1 cup	205	.5	2	.6
Tortilla, corn, 6" shell	1	140	1.5	5	2
Tortilla, flour, 6 "	1	90	2.5	200	2

Calories Count. So Do Nutrients.

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Fish & Seafood					
Calamari, deep fried	1 cup	300	13	0	0
Cod	4 oz.	119	1	88	0
Crab (packaged)	2 oz.	40	0	180	0
King crab legs (Omaha)	3.5 oz.	100	1.5	1060	0
Flounder	4 oz	132	1.7	119	0
Halibut	4 oz.	158	3.3	78	0
Lobster	1 tail	100	0	380	0
Lox, smoked	1 oz.	33	1.2	567	0
Orange roughy	4 oz.	119	1	78	0
Perch	1 fillet	54	.6	36	0
Salmon	4 oz.	168	5	97	0
Sardines, canned in oil	1	25	1.4	61	0
Shrimp	4 large	22	.2	49	0
Snapper	4 oz.	145	1.9	64	0
Swordfish (Omaha)	6 oz.	210	7	150	0
Tilapia	4 oz.	145	3.1	63	0
Trout, rainbow	2.5 oz	120	5.1	30	0
Tuna (canned)	4 oz.	131	.9	382	0
Soy-Based Foods & Vegetarian Entrees					
Bacon (meatless)	1 strip	16	1.5	73	.1
Boca burgers	1 patty	100	1	390	5
Cheesy Mexican rice	2.5 oz	290	6	620	2
Edamame	1 cup	254	11.5	25	7.6
Enchilada pie	1 oz.	215	7	595	3
Live! Soy Yogurt, vanilla	8 oz.	180	4	30	1
Lo mein noodles	½ bowl	550	20	1240	8
Miso soup w/tofu	1 cup	93	4.3	805	1.4
Popeye's red beans & rice	6 oz.	320	19	710	17
Soy, dry roasted	1 cup	776	37.2	3	13.9
Spinach pie	3.5 oz	290	21	0	0
Tofu (firm, raw)	¼ block	117	7	11	1.9

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Tofurky, deli slices	5 pieces	100	30	300	3
Tofurky, veggie dogs	1 oz.	50	1.3	246	1.9
Vegetarian sub #6 (Jimmy John's)	1	578	30.1	873	1.6
Yogurt, soy peach	6 oz.	160	3	20	2
Beans, Legumes & Nuts					
Almonds, raw	15	104	9.1	0	2.1
Chickpeas	½ cup	143	1.3	359	5.3
Kidney beans	1 cup	210	1.5	758	11
Lentils	1 Tbsp.	14	.1	0	1
Lima beans	1 Tbsp.	13	.1	0	.8
Navy beans	½ cup	127	.5	0	9.6
Peanuts w/ salt	1 oz.	166	14.1	231	2.3
Pistachios w/ salt	1 oz.	161	13	115	2.9
Soybeans	1 cup	254	11.5	25	7.6
Split peas	1 Tbsp.	14	0	0	1
Walnuts	7 whole	183	18.3	1	1.9
Vegetables					
Asparagus	4 spears	13	.1	8	1.2
Broccoli	3.1 oz.	30	.3	36	2.9
Cabbage	½ cup	17	.3	6	1.4
Carrots, baby	1 med.	4	.1	8	.2
Celery	1 strip	1	.1	3	.1
Cauliflower, raw	1 flower	3	0	4	.3
Corn, cob	1 ear	59	.4	3	1.3
Cucumber	1 cup	14	.2	2	.8
Mushrooms	1 small	2	0	1	.1
Peppers, raw	1 cup.	18	.2	3	1.6
Potatoes, yam	½ cup	79	.1	5	2.7
Spinach	1 cup	7	1	24	.7
Squash	½ cup	19	.2	13	1
Tomato Slices	4	14	.2	4	1

Calories Count. So Do Nutrients.

Item	Amount	Calories	Total Fat gms.	Sodium mgs.	Fiber gms.
Desserts					
Brownie	2" square	112	7	82	0
Cake, chocolate	1 piece	235	10.5	214	1.8
Cheesecake	1 slice	257	18	166	.3
Chocolate chip cookie	1	48	2.3	32	.3
Fudgsicle	1	100	2	75	1
Frozen yogurt	½ cup	140	3	60	0
Ice cream, soft serve	½ cup	191	11.2	52	.6
Ice cream, vanilla	½ cup	130	7	35	0
Jell-O	6 oz.	15	0	83	0
Pie, apple (1/6th of 8" pie)	1 piece	277	12.9	311	1.9
Popsicle	1	45	0	5	0
Rice pudding	5 oz.	231	10.6	121	.1
Sherbet, orange	1 bar	95	1.3	30	2.2
Sugar cookie (Subway)	1	220	12	140	.5
Snacks					
Cheese puffs	1 oz.	160	10	350	0
Cheez-Its crackers	27	150	8	230	1
Chocolate chip cookies	1 med.	48	2.3	32	.3
Granola bar, Nature Valley Oat & Honey	1 bar	90	3	80	1
Hershey milk chocolate	1 bar	210	13	35	1
Fruit roll-up, strawberry	1	50	1	55	0
Jell-O pudding cup	4 oz.	130	3.5	160	0
Pita chips (Stacy's)	14 chips	130	5	140	2
Popcorn, air popped	1 cup	31	.4	1	1.2
Popcorn, oil popped	1 cup	55	3.1	97	1.1
Potato chips	1 oz.	155	10.6	149	1.2
Pretzel, soft	1	488	3.4	557	5.5
Tortilla chips, corn	1 oz.	138	6.6	119	1.5
Wheat Thins	1.1 oz.	140	6	290	2