

FOOD DIARY

Directions: Record everything you eat and drink (including water) in a typical day. Start with the first food and drinks in the morning. Estimate the size of the portion.

Example:

Food	Amount
Quarter Pound Hamburger French Fries 2% Milk Water	1 1 large order 1/2 half pint 1 cup

Your Diary:

Food	Amount

EATING FOR PERFORMANCE

Variety is the spice of life. Choose foods every day from each of the following food groups. Choose different foods from within groups. Meet your daily nutrient needs by choosing at least the minimum number of servings listed for each good group.

	Eat Anytime	Eat in Moderation	Now and Then
Breads, Cereals, Pasta, Rice, Beans and Peas (minimum of 6 - 11 servings a day)	Bread English muffins Bagels Sandwich buns Rice cakes Dinner rolls Pita bread Low fat crackers (matzo, bread sticks, rye krisp, saltines, graham) Hot cereals Cold cereals except granola Rice Spaghetti, noodles, macaroni Dried peas and beans Baked beans, chili beans Bean or split pea soup	Pancakes, waffles, biscuits, muffins, corn bread Granola cereals	Croissants, sweet rolls, pastry donuts Snack crackers like Ritz, Townhouse, cheese crackers
Fruits and Vegetables (2 to 4 servings of fruit and 3 to 5 servings of vegetables a day)	Fresh fruit & vegetables Frozen fruit & vegetables Canned fruits & vegetables Dried fruits such as raisins, prunes, dates, apricots, bananas Fruit juices Tomato or V-8 juice Vegetable soup		Vegetables prepared in butter, cream or cheese sauce
Meat, Poultry, Eggs, Fish and Shellfish, Nuts, Seeds (up to 6 ounces a day)	Chicken and turkey without skin Cornish hen, pheasant Fish, shellfish Legume Lean beef (round, chuck sirloin, tenderloin) Ground beef with only 10% fat Lean pork (tenderloin Canadian bacon, ham) Veal Lean lamb (leg, arm, loin, rib) Luncheon meats that are at least 95% fat free Venison, rabbit	Luncheon meats that are 86%-94% fat-free Nuts, Tofu Peanut butter Chicken and turkey with skin Ground beef Pork chops, cutlets Beef chuck roast, cubed steak, meatloaf Liver Eggs	Beef (ground beef - 20% fat, rib roasts, club and rib steaks) Pork (spare ribs, back ribs) Luncheon meats that are less than 86% fat-free Hot dogs Bratwurst Italian or Polish sausage Corned beef Fried fish Pork sausage links or patties Bacon
Dairy Products (4 servings)	Skim milk, 1% milk, low-fat buttermilk Low-fat yogurt Cottage cheese Cheeses with no more than 2-6 grams of fat per ounce Grated Parmesan Chocolate 1% milk Low-fat hot chocolate Pudding made with 1% of skim milk Lowfat frozen yogurt	2% milk Yogurt Part-skim ricotta Part-skim mozzarella cheese "Light" cream cheese "Light" sour cream Low fat ice cream	Whole milk Cream, half & half Whipped cream Cream cheese Sour cream Custard-style yogurt Whole milk ricotta cheese High-fat cheeses such as American, Swiss, cheddar, colby, monterey jack Ice cream
Fats and Oils (6-8 teaspoons a day)	Low-fat gravy Sauces made with broth, low-fat milk Seasonings such as Molly McButter, Butter Buds	Reduced calorie mayonnaise Reduced calorie salad dressing Reduced calorie butter or margarine spreads	Oil Margarine Butter Mayonnaise Shortening Sauces made with butter, cream, cheese Gravy
Sweets and Snacks (moderate your intake of food in this group)	Low-fat frozen desserts, like sherbet, frozen yogurt, popsicles, fudgesicles Angel food cake Low-fat cookies, like fig bars, gingersnaps, vanilla wafers Low-fat candy like jelly beans, hard candy Low-fat snacks like plain popcorn, pretzels Low-fat beverages like chocolate 1% milk, juices, soda, iced tea Low-fat hot chocolate Pudding made with skim or 1% milk	Fruit crisps and cobblers Low-fat milkshake Plain popcorn Microwave popcorn Low-fat ice cream	Ice cream Cakes Pies Cookies Chocolate candy Potato chips Snack chips Buttered popcorn Milkshakes, eggnog

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