



# MY FOOD AND EXERCISE DIARY

A Guide to Daily Food Choices

Health Plan of Nevada | Sierra Health and Life



## Self-Monitoring

Height	Weight	Activity Level
		<input type="checkbox"/> Not Active <input type="checkbox"/> Moderately Active <input type="checkbox"/> Very Active

Goal Weight	Date to Reach Goal Weight	Goal
		<input type="checkbox"/> Weight Loss <input type="checkbox"/> Weight Maintenance <input type="checkbox"/> Weight Gain

Calories/Day	Short Term Goals	Long Term Goals

## Physical Activity Guidelines

- Adults should aim for 150 minutes (2 hours and 30 minutes) a week of moderate intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity aerobic activity.
- Adults should also do muscle-strengthening activities involving all major muscle groups at least two days per week.



## Servings I Need From Different Food Groups



Food Group	Serving Sizes
Vegetables	cups
Fruits	cups
Grains	oz
Dairy	cups
Protein Foods	oz

## How to Record Your Intake

Write down everything you eat or drink every day.

- **Meal/Time:** What time of the day you ate. *Example: Dinner at 6:15 p.m.*
- **How much:** Indicate the quantity of food or beverage that you ate or drank. *Example: 1 cup cereal, 1/2 cup 2% milk.*
- **Food and drink:** Write down what type of food you ate. Try to be as specific as possible. Include sauces, gravies, and any extras such as soda, salad dressing, mayonnaise, butter, sour cream, sugar, and ketchup. *Example: Cheeseburger, french fries with one packet ketchup and mayonnaise, and 16 oz soda.*
- **Mood:** How did you feel when you finished your meal? *Example: Happy, sad, tired, hungry, bored, anxious, tense, and so on.*
- **Hunger scale:** Rate your level of hunger and fullness on a scale of one to 10, with one being extremely hungry and 10 being uncomfortably stuffed. Try to stay between four to six and do not let yourself get too hungry.

1	<b>Weak and light-headed:</b> Your stomach acid is churning.
2	<b>Very uncomfortable:</b> You feel irritable and unable to concentrate.
3	<b>Uncomfortably hungry:</b> Your stomach is rumbling.
4	<b>Slightly uncomfortable:</b> You're just beginning to feel the signs of hunger.
5	<b>Comfortable:</b> You're more or less satisfied, but could eat a little more.
6	<b>Perfectly comfortable:</b> You feel satisfied.
7	<b>Full:</b> A little bit uncomfortable.
8	<b>Uncomfortably full:</b> You feel bloated.
9	<b>Very uncomfortably full:</b> You need to loosen your clothes.
10	<b>Stuffed:</b> You are so full you feel nauseous.

A rating of 4 to 6 is where you want to be.

- **Calories/Meal:** Use the food label or the calorie counting guide to estimate the best you can. Tracking calories is the key to keeping you on goal with your weight.
- **Physical activity:** Write down the type of activity you performed, where and how many minutes.
- **Check servings:** Indicate how many servings you ate and in which food group.
- **Journal/Goal setting:** Track your progress with your goals and identify any specific changes or steps that are needed.

## Sample Food and Exercise Diary Entry

**My calorie intake: 1600/day**

Number of servings/day

Vegetables. .... 2 cups

Fruits. .... 1 1/2 cups

Grains..... 5 oz

Dairy..... 3 cups

Protein foods. .... 5 oz

Meal/Time	How Much	Food/Drink	Mood/Hunger Scale	Calories/Meal
8:00 a.m. Breakfast	2 slices 2 strips 2 16 oz 1 tsp	White bread Bacon Eggs scrambled Orange juice Butter	Hungry Hunger scale: (4 to 6)	160 200 150 240 45 Total: 795

✓ Check Servings	Physical Activity
Vegetables <u>  0  </u> cups Fruit <u>  2  </u> cups Grains <u>  2  </u> oz Dairy <u>  0  </u> cups Protein foods <u>  3  </u> oz Water <u>  0  </u> oz	Type Walked on treadmill Minutes 20

# Food and Exercise Diary

Day: \_\_\_\_\_

Calories/day: \_\_\_\_\_

Meal/Time	How Much	Food/Drink	Mood/Hunger Scale	Calories/Meal
Breakfast				
Lunch				
Dinner				
Snack				
Snack				

✓ Check Servings	Physical Activity	Journal/Goal Setting
Vegetables ____ cups	Type	
Fruit ____ cups		
Grains ____ oz		
Dairy ____ cups		
Protein foods ____ oz	Minutes	
Water ____ oz		

# Helpful Food Measurement Guide

## Abbreviations

Teaspoon	tsp, also t
Tablespoon	Tbsp, also T
Cup	c
Ounce	oz
Fluid ounce	fl oz
Pound	lb, also #

**Weight** - Used to weigh cooked meats. To measure correctly, read scale at eye level.

4 oz = 1/4 lb
5 oz = 1/3 lb
8 oz = 1/2 lb
10 oz = 2/3 lb
12 oz = 3/4 lb
16 oz = 1 lb



**Dry Measures** - Used for measuring solid foods. To measure precisely, level off top with a flat edge. Dry equivalents of measure:

3 tsp = 1 Tbsp
4 Tbsp = 1/4 cup
5 Tbsp + 1 tsp = 1/3 cup
8 Tbsp = 1/2 cup
10 Tbsp + 2 tsp = 2/3 cup
12 Tbsp = 3/4 cup
16 Tbsp = 1 cup

**Liquid Measures** - Used for measuring fluids. To measure precisely, read at eye level.

2 Tbsp = 1 fl oz
4 Tbsp = 2 fl oz or 1/4 fluid cup
5 Tbsp + 1 tsp = 2 1/2 fl oz or 1/3 fluid cup
8 Tbsp = 4 fl oz or 1/2 fluid cup
10 Tbsp + 2 tsp = 5 1/2 fl oz or 2/3 fluid cup
12 Tbsp = 6 fl oz or 3/4 fluid cup
16 Tbsp = 8 fl oz or 1 fluid cup or 1/2 pint





# Vegetables

Type	Serving Size
Cooked vegetables	1/2 cup
Vegetable juice	1/2 cup
Raw vegetables	1 cup

Examples	
Beans (green, waxed, snap)	Okra
Bean sprouts	Pea pods or snow peas
Beets	Tomato sauce - 1/4 cup
Broccoli	Sauerkraut
Cabbage	Spinach
Carrots	Vegetable juice
Eggplant	Water chestnuts
Greens	Zucchini

**Per Serving:**  
5 grams carbohydrate  
2 grams protein  
25 calories



# Fruits

Food	Serving Size
Apple, raw (2" across)	1 whole
Applesauce, no sugar added	1/2 cup
Banana (medium)	1/2
Berries	1 cup
Cantaloupe or honeydew melon	1 cup
Cherries, raw	12
Grapefruit (medium)	1/2
Grapes	15
Mango, fresh (small)	1/2
Orange (2 1/2" across)	1 whole
Papaya	1 cup
Peach or pear (2 3/4" across)	1 whole
Pineapple, fresh	3/4 cup
Plums, raw (2" across)	2 whole
Raisins	2 Tbsp
Watermelon	1 1/4 cup

Fruit Juice	Serving Size
Apple, orange or grapefruit	1/2 cup
Cranberry, grape or prune	1/3 cup



Per Serving:  
15 grams carbohydrate  
60 calories

# Grains

Cereals, Beans, Grains and Pasta	Serving Size
Cooked cereal (oatmeal, rice, etc.)	1/2 cup
Shredded wheat	1/2 cup
Bran cereal (flaked)	1/2 cup
Dry cereal (check label)	3/4 cup
Beans, cooked or canned (all kinds)	1/2 cup
Baked beans	1/3 cup
Rice, cooked (all kinds, brown preferred)	1/3 cup
Pasta, cooked (all kinds)	1/2 cup
Quinoa, cooked	1/3 cup
Granola, low-fat or regular	1/4 cup
Barley, cooked	1/3 cup
Wild rice, cooked	1/2 cup

Starchy Vegetables	Serving Size
Corn, cooked or canned	1/2 cup
Corn meal, uncooked	2 Tbsp
Corn on the cob (6" piece)	1 piece
Green peas, cooked or canned	1/2 cup
Potato, baked, boiled or steamed	3 oz (1 small)
Squash, winter, acorn, etc.	1 cup
Yam or sweet potato	1/2 cup



**Per Serving:**  
 15 grams carbohydrate  
 3 grams protein  
 1 gram fat  
 80 calories

# Grains

Bread	Serving Size
Bread (whole wheat, rye, white)	1 slice or 1 oz
Bagel	1/4 or 1 oz
Sandwich bun or roll	1/2
Roll, dinner or hard	1 small
Pita pocket bread (6" across)	1/2
Tortilla (6" corn or 8" flour)	1
English muffin	1/2



Crackers and Snacks	Serving Size
Graham crackers (squares)	3
Animal crackers	8
Crackers	4-6
Pretzels (hard)	3/4 oz
Popcorn (plain, popped)	3 cups

**Starches and Breads with Fat Per Serving:**  
 15 grams carbohydrate  
 3 grams protein  
 5 or more grams fat  
 125-150 calories

Starches and Breads with Fat	Serving Size
Biscuit (2 1/2")	1
Corn, taco or tortilla chips	1 oz
Potato chips	10
Refried beans	1/3 cup
Fried rice	1/3 cup
Pancakes (4" across)	2
Waffle (4 1/2" square)	1



# Dairy

Type	Serving Size
Skim milk	8 oz
Buttermilk (low-fat)	8 oz
Yogurt (plain or artificially sweetened)	8 oz
Cheese (0 grams of carbohydrate)	1 oz

Dairy Alternatives	
Unsweetened almond, rice, hemp milk (fortified)	Fortified cereals
Canned salmon with bones	Trout, halibut, lobster
Tofu	Legumes
Dark, leafy greens such as kale, collards, spinach, and broccoli	

**Skim/Non-Fat Dairy**  
**Per Serving:**  
 12 grams carbohydrate  
 8 grams protein  
 0-1 grams fat  
 90-110 calories

**1%/Low-Fat Dairy**  
**Per Serving:**  
 12 grams carbohydrate  
 8 grams protein  
 3 grams fat  
 110-140 calories

**2%/Reduced-Fat Dairy**  
**Per Serving:**  
 12 grams carbohydrate  
 8 grams protein  
 5 grams fat  
 110-140 calories

**Whole Fat Dairy**  
**Per Serving:**  
 12 grams carbohydrate  
 8 grams protein  
 8 grams fat  
 150-170 calories

**Note:** When using soy milk, read label for nutrition information. Products may vary. It is best to use non-fat or low-fat varieties.

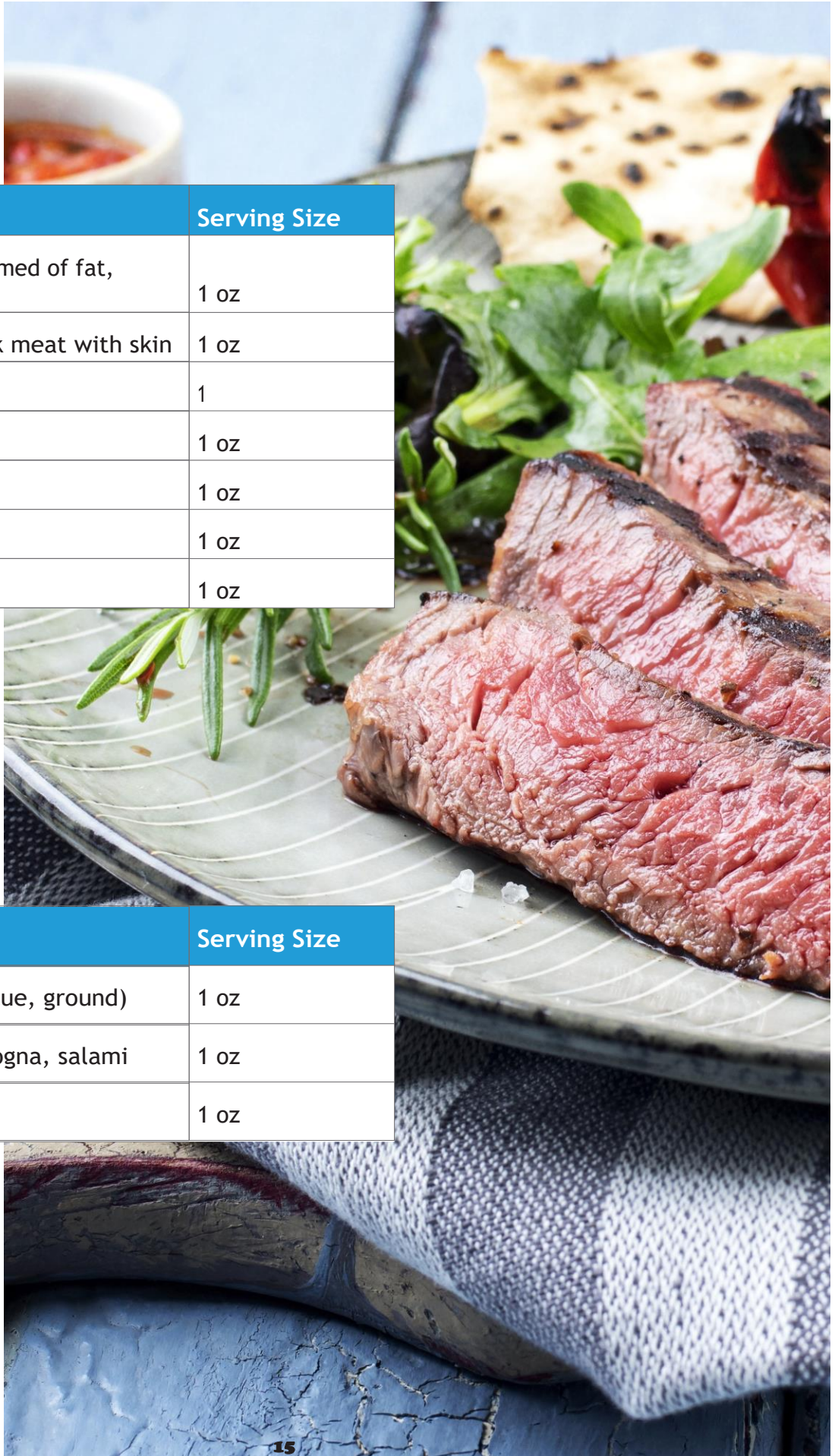
# Meats

Lean Meats	Serving Size
Chicken or turkey, white meat, no skin	1 oz
Fish, fresh, frozen or canned in water	1 oz
Shellfish (clams, crab, shrimp)	1 oz
Egg white/egg substitute	2 whites or 1/4 cup
Canadian bacon/fresh ham	1 oz
Lean beef select or choice grades (round, flank, tenderloin, sirloin)	1 oz
Pork (top loin, chops, cutlets, tenderloin)	1 oz
Veal (loin chop/roast)	1 oz
Lamb (chop, leg or roast)	1 oz

**Lean Meats**  
**Per Serving:**  
0 grams carbohydrate  
7 grams protein  
0-3 grams fat  
45 calories



# Meats



Medium Fat Meats	Serving Size
Beef (prime grades trimmed of fat, prime rib, short ribs)	1 oz
Chicken or turkey, dark meat with skin	1 oz
Eggs	1
Fried chicken and fish	1 oz
Lamb (ground, rib roast)	1 oz
Pork (cutlet, shoulder)	1 oz
Cheese (reduced-fat)	1 oz

**Medium Fat Meats**  
**Per Serving:**  
0 grams carbohydrate  
7 grams protein  
4-7 grams fat  
75 calories

High Fat Meats	Serving Size
Pork (spareribs, barbecue, ground)	1 oz
Sausage, hot dogs, bologna, salami	1 oz
Cheese, regular	1 oz

**High Fat Meats**  
**Per Serving:**  
0 grams carbohydrate  
7 grams protein  
8+ grams fat  
100 calories

# Plant-Based Proteins

Proteins	Serving Size
Beans & lentils, cooked	1/4 cup
Edamame	1/4 cup
Falafel patty (1 1/4", 4 oz)	1 patty
Hummus	2 Tbsp
Nut butters	1 Tbsp
Nuts	1/2 oz (12 almonds, 24 pistachios, 7 walnut halves)
Peas, cooked	1/2 cup
Seeds, hulled, roasted	1/2 oz (pumpkin, sunflower or squash)
Tempeh, cooked	1 oz
Tofu	2 oz

**Note:** Carbohydrate, fat, and calories will vary; read food labels.



# Fats

Monounsaturated	Serving Size
Avocado, 4" across	1/8 (2 Tbsp)
Canola oil	1 tsp
Olive oil	1 tsp
Nuts and seeds	1 Tbsp
Olives	8 large
Nut butters	1 1/2 tsp

Polyunsaturated	Serving Size
Mayonnaise, regular	1 tsp
Mayonnaise, reduced fat	1 Tbsp
Corn oil	1 tsp
Safflower/Soybean oil	1 tsp

Omega-3 Fatty Acids	Serving Size
Walnuts	4 halves
Flaxseed	1 Tbsp
Chia seeds	1 Tbsp
Pumpkin/Sunflower seeds	1 Tbsp

Saturated	Serving Size
Bacon	1 slice
Butter	1 tsp
Lard	1 tsp
Sour cream	2 Tbsp
Half and Half	2 Tbsp

Trans Fats	Serving Size
Margarine (stick)	1 tsp
Solid vegetable shortening	1 tsp

**Note:** Avoid partially hydrogenated vegetable oils known as trans fats.

**Per Serving:**  
 0 grams carbohydrate  
 0 grams protein  
 5 grams fat  
 45 calories

# Free Foods

Examples	
Vinegar, lemon juice	Peppers
Coffee or tea	Radishes
Soft drinks, calorie free (diet)	Salad greens
Carbonated water	Mushrooms
Club soda/tonic water/Crystal Light	Gelatin, sugar-free
Celery	Popsicles, sugar-free
Cilantro	Dill pickles, unsweetened
Cucumber	Horseradish, hot sauce, and mustard
Onions	



**Note:** Serving sizes will vary. Be aware that fat-free and sugar-free products may contain artificial ingredients not beneficial to your health.

**Per Serving:**  
0 grams carbohydrate  
Less than 20 calories

My Food and Exercise Diary - A Guide to Daily Food Choices has been developed by Health Education and Wellness.

If you are enrolled on the Health Plan of Nevada and would like more information, please call Health Education and Wellness at [702-877-5356](tel:702-877-5356) or toll-free at [1-800-720-7253](tel:1-800-720-7253), TTY [711](tel:711), Monday through Friday, 8 a.m. to 5 p.m. local time.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.



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