

A food diary makes you aware of your habits so that you eat *less* of the wrong foods and *more* of the right foods. Use this downloadable form to keep your own diary for approximately one month.

<b>Food</b> (include method of preparation)	<b>Your Portion</b>	<b>Food Group</b>	<b>Number of Servings</b>
<b>Breakfast</b>			
<b>Lunch</b>			
<b>Snack</b>			
<b>Dinner</b>			
<b>Treats/Sweets</b>			
<b>Water</b> (Drink 8 cups daily)			
<b>Exercise</b> (Aim for 30 minutes daily at least five days a week)			
<b>Daily Progress</b> (Note reduced food cravings, increased exercise stamina and other improvements)			
<b>Daily Gratitude</b> (List a few things for which you're grateful to stay positive)			

Each day, aim for...

**Nonstarchy vegetables:** At least three servings (1 cup raw or ½ cup cooked).

**Fruits:** Two to four servings (such as 1 cup of berries or melon...or 1 medium whole fruit).

**Starchy vegetables and grains:** Four to six servings (such as ½ cup quinoa or brown rice...½ sweet potato...or 1 slice of bread).

**Fish, poultry, meat and meat alternatives:** Two to three servings (such as 3 to 4 ounces fish, poultry, meat—beef, lamb and veal—or veggie/bean burger...1 cup tofu...or ½ cup hummus).

**Dairy:** Two to three servings (such as ⅓ cup of shredded cheese...½ cup cottage cheese...1 cup milk or milk substitute, including calcium- and/or vitamin D-fortified almond milk and soy milk...or 6 to 8 ounces of yogurt).

**Fats:** Two to three servings (such as ¼ of a medium avocado...1 Tablespoon extra virgin olive oil...or ¼ cup of nuts).

**Snacks:** One to two (such as 3 cups air-popped popcorn...or 1 medium apple with 1 Tablespoon of almond, peanut or cashew butter).

**Treats and Sweets:** Zero to two servings (such as ½ cup potato chips...or 2 licorice twists).