

2) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

3) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

4) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

5) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

6) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

7) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

8) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

9) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

10) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

11) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

12) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

13) Day and date _____







Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

14) Day and date _____

Food Description (As detailed a description as possible. Include quantity, brand, etc.)	Calories	Type of Food Eaten	Intake (include units)
		Protein	
		Carbohydrates	
		Fiber	
		Sugars	
		Fat	
		Saturated	
		Polyunsaturated	
		Monounsaturated	
		Trans	
		Cholesterol	
		Sodium	
		Vitamin A	
		Vitamin C	
		Calcium	
		Iron	
	Total		

Type of Exercise	Minutes	Number of Calories Burned
Number of Steps=	N/A	
	Total	

Calories	Allowance		
Total Calories	2000 per day		
Food Group	Food Group Amount	"What counts as..."	Tips
Grains <ul style="list-style-type: none"> Whole Grains 	6 ounce(s) per day <ul style="list-style-type: none"> ≈ 3 ounce(s) per day 	1 ounce of Grains <ul style="list-style-type: none"> 1 slice of bread (1 ounce) ½ cup cooked pasta, rice, or cereal 1 ounce uncooked pasta or rice 1 tortilla (6 inch diameter) 1 pancake (5 inch diameter) 1 ounce ready-to-eat cereal (about 1 cup cereal flakes) See more Grain examples	Tips <ul style="list-style-type: none"> Eat at least half of all grains as whole grains. Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta. Check product labels – Is a grain with "whole" before its name listed first on the ingredients list?
Vegetables <ul style="list-style-type: none"> Dark Green Red & Orange Beans & Peas Starchy Other 	2½ cup(s) per day <ul style="list-style-type: none"> 1½ cup(s) per week 5½ cup(s) per week 1½ cup(s) per week 5 cup(s) per week 4 cup(s) per week 	1 cup of Vegetables: <ul style="list-style-type: none"> 1 cup raw or cooked vegetables 1 cup 100% vegetable juice 2 cups leafy salad greens See more Vegetable examples	Tips <ul style="list-style-type: none"> Include vegetables in meals and in snacks. Fresh, frozen, and canned vegetables all count. Add dark-green, red, and orange vegetables to main and side dishes. Use dark leafy greens to make salads. Beans and peas are a great source of fiber. Add beans or peas to salads, soups, side dishes, or serve as a main dish.
Fruits 	2 cup(s) per day	1 cup of Fruit: <ul style="list-style-type: none"> 1 cup raw or cooked fruit 1 cup 100% fruit juice ½ cup dried fruit See more Fruit examples	Tips <ul style="list-style-type: none"> Select fresh, frozen, canned, and dried fruit more often than juice; select 100% fruit juice when choosing juice. Enjoy a wide variety of fruits, and maximize taste and freshness, by adapting your choices to what's in season. Use fruit as snacks, salads, or desserts.
Dairy 	3 cup(s) per day	1 cup of Dairy: <ul style="list-style-type: none"> 1 cup milk 1 cup fortified soy milk (soy beverage) 1 cup yogurt 1½ ounces natural cheese (e.g. Cheddar) 2 ounces processed cheese (e.g. American) See more Dairy examples	Tips <ul style="list-style-type: none"> Drink fat-free (skim) or low-fat (1%) milk. Choose fat-free or low-fat milk or yogurt more often than cheese. When selecting cheese, choose low-fat or reduced-fat versions.
Protein Foods <ul style="list-style-type: none"> Seafood 	5½ ounce(s) per day day <ul style="list-style-type: none"> 8 ounce(s) per week 	1 ounce of Protein Foods: <ul style="list-style-type: none"> 1 ounce lean meat, poultry, seafood 1 egg 1 Tablespoon peanut butter ½ ounce nuts or seeds ¼ cup cooked beans or peas See more Protein Food examples	Tips <ul style="list-style-type: none"> Eat a variety of foods from the Protein Foods group each week. Eat seafood in place of meat or poultry twice a week. Select lean meat and poultry. Trim or drain fat from meat and remove poultry skin.
Oils 	6 tsp. per day	1 tsp. of Oil: <ul style="list-style-type: none"> 1 tsp. vegetable oil (e.g. canola, corn, olive, soybean) 1½ tsp. mayonnaise 2 tsp. tub margarine 2 tsp. French dressing See more Oil examples	Tips <ul style="list-style-type: none"> Choose soft margarines with zero trans fats made from liquid vegetable oil, rather than stick margarine or butter. Use vegetable oils (olive, canola, corn, soybean, peanut, safflower, sunflower) rather than solid fats (butter, shortening). Replace solid fats with oils, rather than adding oil to the diet. Oils are a concentrated source of Calories, so use oils in small amounts.

Convert number of steps to miles

<http://www.convertunits.com/from/steps/to/miles>

Convert number of miles to calories burned

<http://walking.about.com/library/cal/uccalc1.htm>

Determine calories burnt doing various activities

<https://www.healthstatus.com/calculate/cbc> (you may need to scroll down to Calories Burned Calculator)