

Freedom From Diets record				Day _____ Date _____			
Time	Amount	Type of food or beverage (preparation and ingredients)	Calories				
			Total	From fat			
Daily totals							
Percentage fat (total fat calories divided by total calories)							
Food group	Pyramid servings	What counts as one serving?	1,200 calories	1,500 calories	1,800 calories	2,000 calories	
Fats and oils <input type="checkbox"/> <input type="checkbox"/>	Limited	Servings add extra calories	2	3	4	4-5	
Sweets <input type="checkbox"/>	Less than 75 calories	1 teaspoon equals 20 calories	1	1	1	1	
Milk and milk substitutes (90 cal.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	2-3	1 cup nonfat milk; 1 cup plain, nonfat yogurt; 1.5-2 ounces fat-free or reduced-fat cheese	2	2	2	2	
Protein sources (55 cal./ounce) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4-7 ounces total	1 ounce cooked lean meat, fish, or poultry; 3 egg whites; ½ cup cooked dried beans; ¼ cup water-packed tuna	4 ounces total	5 ounces total	6 ounces total	7 ounces total	
Breads and grains (80 cal.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4-8	1 slice bread; 1 ounce ready to eat cereal; ½ cup cooked rice or pasta	5	6	7	8	
Vegetables (25 cal.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4-8	1 cup raw leafy; ½ cup cooked; ¾ cup vegetable juice	4	5	6	8	
Fruits (80 cal.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3-4	1 medium apple or orange; ½ banana; ½ cup chopped, cooked or canned fruit; ⅓ - ½ cup fruit juice	3	3	4	4	
Water <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	8 or more	8 ounces					
<p><i>The above serving suggestions will provide a diet that has 60-65 percent calories from carbohydrate, 20-25 percent calories from protein, and 25-30 percent calories from fat.</i></p>							

Physical activities: for _____ minutes	Weight _____
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