

FOOD ACTIVITY DIARY WEEKLY SUMMARY

DAY OF THE WEEK									TOTAL	DAILY AVERAGE	EAT	
Plan For Your Day? Reflection Time?											LESS	MORE
How Feeling? Hungry? Or Calories: Total & Fat												
NUMBER OF SERVINGS						HIGHLIGHT AVERAGES THAT MEET PROGRAM RECOMMENDATIONS!						
Fats and Oils 2 - 4												
Sweets < 75 Calories												
Milk Group 2 - 3												
Protein Sources 4 - 7 Oz (Can add 2 - 3 Oz LF choice)												
Breads and Grains 4 - 8												
Vegetables 4 - 8 +												
Fruits 3 - 4+												
MINUTES OF MODERATE PHYSICAL ACTIVITY										TOTAL MINUTES OF MODERATE PHYSICAL ACTIVITY THIS WEEK		
DAYS FOOD & ACTIVITY DIARY WAS KEPT										NUMBER OF DAYS WITH MODERATE PHYSICAL ACTIVITY		

1. Keep your daily intake of calories from fat to 25-30%
2. Gradually replace higher fat foods with complex carbohydrates:
 - * 4-8 Vegetables servings every day
 - * 3-4 Fruit servings every day.
 - * 4-8 grain servings everyday.
 - * 1 (or more) Legume/bean serving every week
3. Choose low fat proteins like lean meat, poultry and fish, and low fat dairy products.
 - * 2-3 Low fat meat servings (5-7oz | Oz/day) Can add 2 - 3 Oz extra low fat choice

4. Make entries in your Food and Activity Diary 5 or more days every week
5. To lose weight or maintain weight loss:
 - * Eat frequently - 3-6 meals, including snacks every day to avoid feeling "deprived" or "starved".
 - * Have moderate physical activity (continuous brisk walking, biking, swimming or other) for 45 minutes (or more) 5 times every week.

KEEP UP THE GOOD WORK!

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* 2-3 Low fat or non fat dairy product servings everyday