Make copies of this page and fill it out every day.

**Food Record**

**Breakfast:**

_________________________________________________

_________________________________________________

_________________________________________________

**Lunch:**

_________________________________________________

_________________________________________________

_________________________________________________

**Dinner:**

_________________________________________________

_________________________________________________

_________________________________________________

**Snack(s):**

_________________________________________________

_________________________________________________

**Totals for the Day**

Check a box for each serving you have today:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Nonfat Dairy or Protein Drink</th>
<th>Starch</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Healthy Fats</th>
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<tbody>
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**Fluids (with no calories):** □ □ □ □ □ □ □ □ (goal = 8 cups)

**Vitamin and mineral supplements:**

- □ multivitamin with iron
- □ 1,500 mg calcium
- □ 2,000 IU vitamin D

**Exercise**

__________________________________________________________________
Serving Exchange Guide

**Protein**

3 servings a day
- 1 oz. poultry (8.5 g)
- 1 oz. canned tuna (7 g)
- 1 oz. lean red meat (7 g)
- 1 oz. fresh or frozen fish (8 g)
- 1 oz. salmon jerky (14 g)
- 1 oz. beef jerky (9 g)
- 4 oz. tofu (16 g)
- ½ cup beans (15 g)
- 1 egg (7 g)
- ½ cup hummus (6 g)

**Nonfat Dairy**

2 to 3 servings a day
- ¼ cup low-fat cottage cheese (7 g)
- ¼ cup ricotta cheese (7 g)
- 6 oz. nonfat or low-fat yogurt (8 g)
- 4 oz. nonfat Greek yogurt (9 g)
- 8 oz. skim milk (8 g)
- 1 oz. nonfat cheese (6 g)

**Protein Drinks**

0 to 1 serving a day
- 11 fl. oz. EAS Myoplex Lite (20 g)
- 8.25 fl. oz. Muscle Milk Lite (15 g)
- Carnation Instant Breakfast – no sugar added, made with 1 cup Milk Mixture (15 g)
- Nectar, 1 scoop (24 g)
- Unjury, 1 packet (20 g)
- Champion Nutrition Pure Whey Protein, 1 scoop (23 to 26 g)
- 11 oz. Premiere Protein Shake (30 g)

**Vegetables**

2 servings a day
- ½ cup cooked vegetables (any kind)
- 1 cup raw vegetables (any kind)
- ½ cup tomato sauce

**Fruit**

2 servings a day
- 1 medium fruit (peach, apple, pear)
- ½ large fruit (banana, mango, papaya, pomegranate)
- ½ cup canned fruit (only if packed in water or juice)
- 2 tablespoon raisins
- 15 grapes
- ½ cup applesauce
- 1 cup berries

**Starches**

3 servings a day
- ½ cup oatmeal
- ¾ cup dry cereal
- 1 small corn tortilla (6-inch)
- ½ cup brown rice
- ½ cup pasta
- 1 slice whole wheat bread
- ½ English muffin
- ½ bagel
- 2 graham cracker squares

**Healthy Fats**

1 serving a day
- 1 teaspoon oil
- ½ avocado
- 2 tablespoons guacamole
- 1 tablespoon nuts or seeds
- 1 teaspoon mayonnaise
- 1 tablespoon salad dressing
- 5 olives
- 1 teaspoon butter (try to limit butter, since it is a saturated fat)
- 1 tablespoon non-dairy coffee creamer (try to limit, since this is saturated fat)

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Nutrition Clinic: 206-598-6004