1,200 Calorie Diet

Daily journal for ______________________ (date)

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

Food Record

Breakfast: ____________________________
______________________________________________

Morning snacks: ____________________________
______________________________________________

Lunch: ____________________________
______________________________________________

Dinner: ____________________________
______________________________________________

Afternoon or evening snacks: ____________________________
______________________________________________

Totals for the Day

Check a box for each serving you have today:

<table>
<thead>
<tr>
<th>Protein</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
9 to 10 servings a day, for a total of about 600 calories
- 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)
- ¼ cup low-fat cottage cheese (7 g)
- ¼ cup nonfat 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. low-fat cheese (6 g)

Vegetables
5 servings a day, about 25 calories each serving
- ½ cup cooked vegetables (any kind)
- 1 cup raw vegetables (any kind)
- ½ cup tomato sauce

Fruit
2 servings a day, about 60 calories each serving
- 1 medium fruit (peach, apple, pear)
- ½ large fruit (banana, mango, papaya, pomegranate)
- ½ cup canned fruit (use only fruit packed in water or its own juice)
- 2 tablespoons raisins
- 15 grapes
- ½ cup applesauce
- 1 cup berries

Starches
4 servings a day, about 60 calories each serving
- 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
3 servings a day, about 45 calories each serving
- 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