



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:

Protein	Starch	Vegetables	Fruits	Healthy Fats
<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"/>	<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"/> <input type="checkbox"/>
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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)
- ⅓ 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)
- ⅓ cup tomato sauce

Questions?

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

Nutrition Clinic:
206-598-6004

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)
- ⅓ 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
- ⅛ 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)