



1,000 Calorie Diet

Daily journal for _____ (date)

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:

| Protein | Nonfat Dairy or Protein Drink | 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"/> |

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)
- ⅓ 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. low-fat 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)

Questions?

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

Nutrition Clinic: 206-598-6004

Vegetables

2 servings a day

- ½ cup cooked vegetables (any kind)
- 1 cup raw vegetables (any kind)
- ⅓ 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)
- ⅓ 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
- 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)