



DAILY FOOD RECORD

B & C = Bread & Cereal
Fr = Fruit

BREAKFAST

B&C	Milk	Fr	Veg	Meat	Fat	Other

SNACK

B&C	Milk	Fr	Veg	Meat	Fat	Other

LUNCH

B&C	Milk	Fr	Veg	Meat	Fat	Other

SNACK

B&C	Milk	Fr	Veg	Meat	Fat	Other

DINNER

B&C	Milk	Fr	Veg	Meat	Fat	Other

SNACK

B&C	Milk	Fr	Veg	Meat	Fat	Other

Exercise _____

Total Calories Consumed _____

-- **Calories Burned** _____

= **TOTAL** _____

$$\frac{\text{Maintenance Level}}{\text{Total}} = \text{Deficit or Surplus}$$

- All breads and starches are 100 calories. (X) A serving is a piece of bread or 1/2 cup of starch, such as potatoes, butter beans, rice, peas, and pasta.
- Low fat milk products such as skim milk or sugar-free low fat yogurt are 100 calories. (X) A serving is 8 oz. of each.
- A serving of fruit is 50 calories. (/) A serving is typically a piece of fruit, 1/2 cup of canned fruit, or 1/2 cup of fruit juice.
- Vegetables are considered free foods. They should be marked with a V, so that they will not be counted at the end of the day. These vegetables are non-starchy vegetables such as green beans, broccoli, turnip greens, turnips, carrots, cauliflower, asparagus, squash, and tomatoes.
- Each ounce of lean meat is approximately 50 calories. (/) Lean meats are poultry, fish, certain cuts of pork and beef.
- Each serving of fat is approximately 50 calories. (/) A serving is usually a teaspoon of margarine, butter, oil or mayonnaise, or one tablespoon of salad dressing.
- Others is a food group which provide calories but very little nourishment. The calorie level for others should be determined by reading the label.
- Walking or running 1 mile burns 100 calories. (X)