



Food Journal/weight management

Tracking your meals will help you identify the foods and habits that contribute to your weight loss/gain. Start by setting a Weight Goal _____ (as discussed with your provider). Always read food labels and consult with your physician if you have questions.

General information

Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain.)

General Guide to Calories- *40 calories too low, 100 calories is moderate, 400 calories or more is high. (in a meal)*

Limit these Nutrients. *Saturated fat, trans fat, cholesterol, and sodium* (too many of this can increase risk for certain conditions.)

Get Enough of these Nutrients. *Calcium, dietary fiber, fruits, vegetables, and grain products that contain dietary fiber- particularly soluble fiber-*

	Breakfast	Lunch	Snack	Dinner	Total calories
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					