



Daily Log by Food Group
Week # ___ — ___ day (/ /)

The Denton 2-Step Texercise Team provides tips and tools for becoming more active and making healthy eating choices. This log will help you keep track of your activity and food intake.

Activity doesn't have to be painful or make you sweat to be good for you. In general, anything that gets you moving — and keeps you moving — helps improve your health. Choose activities you enjoy and can easily incorporate into your daily routine.

What I did today:

Activity	Time Spent in Activity	"Miles" traveled
		TOTAL:

Making healthy food choices doesn't have to mean being "on a diet." In many cases, it's as easy as achieving a balance between the food groups, and getting sufficient variety from foods within each group, so your body gets the nutrients it needs.

What I ate today:

Food Group	Food Choice	Number of Servings I Ate	Number of Servings Recommended*
Grains			5 - 10 ounce equivalents <i>In general, one slice of bread, one cup of ready-to-eat cereal, and ½ cup of cooked rice, pasta, or cooked cereal can be considered as one serving.</i>
<i>Grains include bread, oatmeal, pasta, cereal, and rice. At least half of all grains should be whole grain.</i>			

* Number of recommended servings varies with your activity level. In general, if you are not very active, your number of recommended servings will be lower. If you are active, your number of recommended servings will be higher. If you are moderately active, your number of recommended servings will be in the middle of the range. Certain medical conditions will also affect your number of recommended servings. Please consult with your doctor to see what's best for you.

Vegetables			2 – 3.5 cups
<i>Try to increase the variety of types, textures, and color.</i>			<i>In general, one cup of raw or cooked vegetables or vegetable juice, or two cups of raw leafy greens can be considered as one serving.</i>
Fruits			1.5 – 2.5 cups
<i>Fruit juices count too.</i>			<i>In general, one cup of fruit or 100 fruit juice or ½ cup of dried fruit can be considered one serving.</i>
Dairy			3 cups
<i>Consider low-fat yogurt, cheese, and ice cream.</i>			<i>In general, one cup of milk or yogurt, 1-1/2 ounces of natural cheese, and 2 ounces of processed cheese can be considered one serving.</i>
Beverages			Eight 8-oz. glasses
<i>Drink plenty of water!</i>			<i>Count decaffeinated teas and coffees.</i>
Meat and Beans			5 – 7 ounce equivalents
<i>Consider lean cuts of beef, turkey, and chicken. Also, look for ways to add fish.</i>			<i>In general, one ounce of lean Meat, poultry or fish, one egg, 1 tbsp. peanut butter, ¼ cup cooked beans, or ½ ounce of nuts or seeds are 1 ounce equivalents.</i>
Oils			5 – 8 tsp
<i>Consider flaxseed and olive oils.</i>			<i>Count mayonnaise, soft margarine, and certain salad dressings as oils.</i>
Discretionary Calories			132 – 426 calories
<i>When is a potato not a vegetable?</i>			
<i>When it's a potato chip!</i>			

What I thought about the day:

Overall, today's activity and food choices were:

___very good ___good ___neither good, nor bad ___bad ___very bad day for me