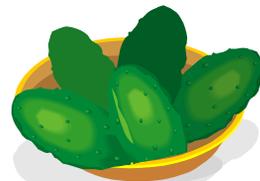


# Food and Activity Record Packet



## Overview

This lesson teaches you how to determine your individual recommended daily caloric and food (based on their food record) to the recommended number of servings in MyPlate ([www.choosemyplate.gov](http://www.choosemyplate.gov)) food guide. You also have the opportunity to evaluate the calories you burned during exercise and identify food behaviors that contribute to maintaining a healthy weight.



## **YOUR DAILY CALORIC NEEDS— KEEPING A FOOD AND PHYSICAL ACTIVITY DIARY HELPS TO MAINTAIN A HEALTHY WEIGHT**

### **OBJECTIVES:**

At the end of the lesson attendees will be able to:

- Identify the approximate number of calories they should consume daily to maintain a healthy weight and determine whether they are sedentary, moderate, or very active during the day.
- Complete a three day food and activity record that will help them to identify behaviors or aspects of their diet that impact their ability to maintain a healthy weight.
- List calories they burn in various types of physical activity and determine how the activities contribute to maintaining a healthy weight

### **REFER TO THE HANDOUTS IN THIS PACKET AND ANSWER THE FOLLOWING QUESTIONS:**

#### I. Your desired caloric intake

a. About how many calories should you consume during the day according to the MyPlate Food Intake Pattern Calorie Levels (**pages 3-4**)? Be sure to account for your activity level – sedentary, moderate, or active on **page 5**.

b. Refer to the food intake patterns on **pages 6-7**. What should your food intake pattern be for the day based on your caloric intake?

II. Food and Activity Diary: Keep track of your food intake and physical activity for three days using the attached forms (**pages 8-11**). Answer the following based on the result of your food record:

a. How did your intake of the different food groups compare to the recommended amounts on the food intake pattern sheet (**pages 12-14**)?

b. Did you get enough variety and balance in your diet? What should you eat more of? What should you eat less of (adjust calorie menu as needed)?

c. Do your emotions affect what you chose to eat? Please explain your answer.

d. How often do you eat somewhere other than at a table? Do you eat in front of the refrigerator or in front of the television? Is this healthy or unhealthy and why?

e. How hungry are you when you eat? Do you skip meals? Why is it desirable to eat three regular meals daily?

**III Your calorie expenditure, physical activity and eating behaviors**

a) List the different types of physical activity you participated in during your three day record and calculate the number of calories burned in each activity by using table on **page 15 & 16**, Figure 1:

Type of activity	Calories burned per minute	Total number of minutes of activity	Total number of calories burned in activity

b) Does your activity level balance with your food intake to help you maintain a healthy weight? Do you think you need to be more active?

c) List two activities you could participate in that might help you maintain a healthy weight.

d) List two behaviors you might change to help you maintain a healthy weight based on the handout, "Tips To Maintain A Healthy Weight," on **pages 17-18**.

*\*Adapted and modified from Dr. Susan Algert's consulting materials*

### Figure I: Calories Burned Per Minute for Various Activities

Estimated [calories](#) burned are based on activities per minute. Actual calories burned vary with your individual [body](#) weight. The more you weigh, the more you burn, as indicated by the chart.

Activity	Weight in pounds: 105 - 115	Weight in pounds: 127 - 137	Weight in pounds: 160 - 170	Weight in pounds: 180 - 200
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Aerobic Dancing	5.8	6.6	7.8	8.6
Basketball full court	9.8	11.2	13.2	14.5
Bicycling -Stationary 10 mph	5.5	6.3	7.8	8.3
Bicycling -Stationary 20 mph	11.7	13.3	15.6	17.8
Bicycling - 10 mph	5.5	6.3	7.8	14.5
Golf - using handcart	3.3	3.8	4.4	4.9
Hiking (with backpack)	5.9	6.7	7.9	8.8
Jogging - 5 mph	8.6	9.2	11.5	12.7
Lawn Mowing (power motor)	3.5	4.0	4.8	5.2
Running - 8 mph	10.4	11.9	14.2	17.3
Skating - fast	8.1	9.3	10.9	12

*\*Adapted and modified from Dr. Susan Algert's consulting materials*

<b>Skiing - down hill</b>	<b>7.8</b>	<b>10.4</b>	<b>12.3</b>	<b>13.3</b>
<b>Skiing - cross country</b>	<b>13.1</b>	<b>15</b>	<b>17.8</b>	<b>19.4</b>
<b>Snow shoveling - light</b>	<b>7.9</b>	<b>9.1</b>	<b>10.8</b>	<b>12.5</b>
<b>Snow shoveling - heavy</b>	<b>13.8</b>	<b>15.7</b>	<b>18.5</b>	<b>20.5</b>
<b>Stair Climbing - normal speed</b>	<b>5.9</b>	<b>6.7</b>	<b>7.9</b>	<b>8.8</b>
<b>Swimming - 20 yds. a min.</b>	<b>3.9</b>	<b>4.5</b>	<b>5.3</b>	<b>6.8</b>
<b>Swimming - 60 yds. a min.</b>	<b>11</b>	<b>12.5</b>	<b>14.8</b>	<b>17.9</b>
<b>Tennis (singles)</b>	<b>7.8</b>	<b>8.9</b>	<b>10.5</b>	<b>11.6</b>
<b>Volleyball</b>	<b>7.8</b>	<b>8.9</b>	<b>10.5</b>	<b>11.6</b>
<b>Walking, 2 mph</b>	<b>2.4</b>	<b>2.8</b>	<b>3.3</b>	<b>3.6</b>
<b>Walking 4 mph</b>	<b>4.5</b>	<b>5.2</b>	<b>6.1</b>	<b>6.8</b>

\*Adapted and modified from <http://www.coolnurse.com/>; accessed on March 3<sup>rd</sup>, 2010

\*Adapted and modified from Dr. Susan Algert's consulting materials

# MyPlate Food Intake Pattern Calorie Levels

## Males

Activity Level	Sedentary*	Light/Moderate*	Active*
Age			
19-20	2600	2800	3000
21-25	2400	2800	3000
26-30	2400	2600	3000
31-35	2400	2600	3000
36-40	2400	2600	2800
41-45	2200	2600	2800
46-50	2200	2400	2800
51-55	2200	2400	2800
56-60	2200	2400	2600

\*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

**Sedentary** = less than 30 minutes a day of moderate physical activity in addition to daily activities.

**Light/Moderate** = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

**Active** = 60 or more minutes a day of moderate physical activity in addition to daily activities.

# MyPlate Food Intake Pattern Calorie Levels

## Females

Activity Level	Sedentary*	Light/Moderate*	Active*
Age			
19-20	2000	2200	2400
21-25	2000	2200	2400
26-30	1800	2000	2400
31-35	1800	2000	2200
36-40	1800	2000	2200
41-45	1800	2000	2200
46-50	1800	2000	2200
51-55	1600	1800	2200
56-60	1600	1800	2200

\*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

**Sedentary** = less than 30 minutes a day of moderate physical activity in addition to daily activities.

**Light/Moderate** = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

**Active** = 60 or more minutes a day of moderate physical activity in addition to daily activities.

# Classification of Activities

## **Sedentary**

Doing homework  
Eating  
Listening to the radio  
Playing cards  
Reading  
Sitting in class  
Typing/Computer  
Watching T.V.  
Writing

## **Light/Moderate**

Dishwashing  
Light housework  
Mopping  
Personal care  
Preparing food  
Sweeping  
Walking slowly  
Carpentry work  
Light Gardening  
Walking moderately fast  
Window washing

## **Active**

Basketball  
Bicycling (13 mph)  
Cheerleading  
Cross-country  
Skiing  
Heavy housework  
Dancing (fast)  
Football  
Running (7 mph)  
Swimming  
Tennis

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# Food Intake Patterns

## Daily Amount of Food From Each Group

Calorie Level <sup>1</sup>	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits <sup>2</sup>	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables <sup>3</sup>	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains <sup>4</sup>	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Meat and Beans <sup>5</sup>	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Milk <sup>6</sup>	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils <sup>7</sup>	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary calorie allowance <sup>8</sup>	132	195	267	290	362	410	426	512	648

## Vegetable subgroup Amounts are Per week

Calorie Level	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Dark green veg.	2 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk
Orange veg.	1.5 c/wk	2 c/wk	2 c/wk	2 c/wk	2 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk	2.5 c/wk
Legumes	2.5 c/wk	3 c/wk	3 c/wk	3 c/wk	3 c/wk	3.5 c/wk	3.5 c/wk	3.5 c/wk	3.5 c/wk
Starchy veg.	2.5 c/wk	3 c/wk	3 c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	9 c/wk	9 c/wk
Other veg.	5.5 c/wk	6.5 c/wk	6.5 c/wk	7 c/wk	7 c/wk	8.5 c/wk	8.5 c/wk	10 c/wk	10 c/wk

# Food Intake Patterns continued

- 1 Calorie Levels** are set across a wide range to accommodate the needs of different individuals. The attached table “Estimated Daily Calorie Needs” can be used to help assign individuals to the food intake pattern at a particular calorie level.
- 2 Fruit Group** includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.
- 3 Vegetable Group** includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.
- 4 Grains Group** includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. **At least half of all grains consumed should be whole grains.**
- 5 Meat & Beans Group** in general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.
- 6 Milk Group** includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.
- 7 Oils** include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.
- 8 Discretionary Calorie Allowance** is the remaining amount of calories in a food intake pattern after accounting for the calories needed for all food groups—using forms of foods that are fat-free or low-fat and with no added sugars.

Food and Activity Diary for Three Days

Name: \_\_\_\_\_ Date \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI: \_\_\_\_\_

**Instructions for Keeping a Food Diary – Use One Page for One Day**

Record your daily food intake on the attached form. It is important that you maintain your usual food habits while recording what you eat. Be sure to write down everything that you put in your mouth for three days. It is best to record two week days and one weekend day to represent variations in your diet.

**Directions for filling out the Food Record:**

1. **Time:** Record the time that you start and finish eating.
2. **Food Eaten.** Record the type of food eaten and how it was prepared (i.e., chicken breast, hamburger cooked, skinless, baked; 3-4 inch pancakes made mix; 2 chicken tacos with corn tortillas, etc).  
  
Remember to record any condiments such as mayonnaise, mustard, and pickles. List all beverages including water, sodas, coffee, tea, etc.
3. **Amount Eaten.** Be very carefully in recording the quantity of food you actually consumed in ounces or cups.
4. **Location.** Note where you were while you were eating (i.e., table, work, car, etc).
5. **Physical Activity.** What kind of physical activity did you do today (i.e. walking, jogging, gardening, etc).

FOOD DIARY

Name: \_\_\_\_\_

Day 1 Date: \_\_\_\_\_

Time	Food Eaten	Amount Eaten	Food group from Pyramid	Location	Physical Activity

SUPPLEMENTS:

COMMENTS:

FOOD DIARY

Name: \_\_\_\_\_

Day 2 Date: \_\_\_\_\_

Time	Food Eaten	Amount Eaten	Food group from Pyramid	Location	Physical Activity

SUPPLEMENTS:

COMMENTS:

FOOD DIARY

Name: \_\_\_\_\_

Day 3 Date: \_\_\_\_\_

Time	Food Eaten	Amount Eaten	Food group from Pyramid	Location	Physical Activity

SUPPLEMENTS:

COMMENTS:

# Sample Menus for a 2000 Calorie Food Pattern



Use this 7-day menu as a motivational tool to help put a healthy eating pattern into practice, and to identify creative new ideas for healthy meals. Averaged over a week, this menu provides the recommended amounts of key nutrients and foods from each food group. The menus feature a large number of different foods to inspire ideas for adding variety to food choices. They are not intended to be followed day-by-day as a specific prescription for what to eat.

Spices and herbs can be used to taste. Try spices such as chili powder, cinnamon, cumin, curry powder, ginger, nutmeg, mustard, garlic powder, onion powder, or pepper. Try fresh or dried herbs such as basil, parsley, cilantro, chives, dill, mint, oregano, rosemary, thyme, or tarragon. Also try salt-free spice or herb blends.

While this 7-day menu provides the recommended amounts of foods and key nutrients, it does so at a moderate cost. Based on national average food costs, adjusted for inflation to March 2011 prices, the cost of this menu is less than the average amount spent for food, per person, in a 4-person family.

## DAY 1

### BREAKFAST

Creamy oatmeal (cooked in milk):

- ½ cup uncooked oatmeal*
- 1 cup fat-free milk*
- 2 Tbsp raisins*
- 2 tsp brown sugar*

Beverage: 1 cup orange juice

### LUNCH

Taco salad:

- 2 ounces tortilla chips*
- 2 ounces cooked ground turkey*
- 2 tsp corn/canola oil (to cook turkey)*
- ¼ cup kidney beans\**
- ½ ounce low-fat cheddar cheese*
- ½ cup chopped lettuce*
- ½ cup avocado*
- 1 tsp lime juice (on avocado)*
- 2 Tbsp salsa*

Beverage:

1 cup water, coffee, or tea\*\*

### DINNER

Spinach lasagna roll-ups:

- 1 cup lasagna noodles(2 oz dry)*
- ½ cup cooked spinach*
- ½ cup ricotta cheese*
- 1 ounce part-skim mozzarella cheese*
- ½ cup tomato sauce\**

1 ounce whole wheat roll

- 1 tsp tub margarine*

Beverage: 1 cup fat-free milk

### SNACKS

- 2 Tbsp raisins
- 1 ounce unsalted almonds

## DAY 2

### BREAKFAST

Breakfast burrito:

- 1 flour tortilla (8" diameter)*
- 1 scrambled egg*
- ½ cup black beans\**
- 2 Tbsp salsa*

½ large grapefruit

Beverage:

1 cup water, coffee, or tea\*\*

### LUNCH

Roast beef sandwich:

- 1 small whole grain hoagie bun*
- 2 ounces lean roast beef*
- 1 slice part-skim mozzarella cheese*
- 2 slices tomato*
- ¼ cup mushrooms*
- 1 tsp corn/canola oil (to cook mushrooms)*
- 1 tsp mustard*

Baked potato wedges:

- 1 cup potato wedges*
- 1 tsp corn/canola oil (to cook potato)*
- 1 Tbsp ketchup*

Beverage: 1 cup fat-free milk

### DINNER

Baked salmon on beet greens:

- 4 ounce salmon filet*
- 1 tsp olive oil*
- 2 tsp lemon juice*
- ½ cup cooked beet greens (sautéed in 2 tsp corn/canola oil)*

Quinoa with almonds:

- ½ cup quinoa*
- ½ ounce slivered almonds*

Beverage: 1 cup fat-free milk

### SNACKS

- 1 cup cantaloupe balls

## DAY 3

### BREAKFAST

Cold cereal:

- 1 cup ready-to-eat oat cereal*
- 1 medium banana*
- ½ cup fat-free milk*

1 slice whole wheat toast

- 1 tsp tub margarine*

Beverage: 1 cup prune juice

### LUNCH

Tuna salad sandwich:

- 2 slices rye bread*
- 2 ounces tuna*
- 1 Tbsp mayonnaise*
- 1 Tbsp chopped celery*
- ½ cup shredded lettuce*

1 medium peach

Beverage: 1 cup fat-free milk

### DINNER

Roasted chicken:

- 3 ounces cooked chicken breast*
- 1 large sweet potato, roasted*
- ½ cup succotash (limas & corn)*
- 1 tsp tub margarine*
- 1 ounce whole wheat roll*
- 1 tsp tub margarine*

Beverage:

1 cup water, coffee, or tea\*\*

### SNACKS

- ¼ cup dried apricots
- 1 cup flavored yogurt (chocolate)

# Sample Menus for a 2000 Calorie Food Pattern (cont'd)

DAY 4
<p><b>BREAKFAST</b></p> <p>1 whole wheat English muffin  <i>1 Tbsp all-fruit preserves</i>            1 hard-cooked egg            Beverage:            1 cup water, coffee, or tea**</p> <p><b>LUNCH</b></p> <p>White bean-vegetable soup:  <i>1 ¼ cup chunky vegetable soup with pasta</i>  <i>½ cup white beans*</i>            6 saltine crackers*            ½ cup celery sticks            Beverage: 1 cup fat-free milk</p> <p><b>DINNER</b></p> <p>Rigatoni with meat sauce:  <i>1 cup rigatoni pasta (2 oz dry)</i>  <i>2 ounces cooked ground beef (95% lean)</i>  <i>2 tsp corn/canola oil (to cook beef)</i>  <i>½ cup tomato sauce*</i>  <i>3 Tbsp grated parmesan cheese</i>            Spinach salad:  <i>1 cup raw spinach leaves</i>  <i>½ cup tangerine sections</i>  <i>½ ounce chopped walnuts</i>  <i>4 tsp oil and vinegar dressing</i>            Beverage:            1 cup water, coffee, or tea**</p> <p><b>SNACKS</b></p> <p>1 cup nonfat fruit yogurt</p>

DAY 5
<p><b>BREAKFAST</b></p> <p>Cold cereal:  <i>1 cup shredded wheat</i>  <i>½ cup sliced banana</i>  <i>½ cup fat-free milk</i>            1 slice whole wheat toast  <i>2 tsp all-fruit preserves</i>            Beverage:            1 cup fat-free chocolate milk</p> <p><b>LUNCH</b></p> <p>Turkey sandwich  <i>1 whole wheat pita bread (2 oz)</i>  <i>3 ounces roasted turkey, sliced</i>  <i>2 slices tomato</i>  <i>¼ cup shredded lettuce</i>  <i>1 tsp mustard</i>  <i>1 Tbsp mayonnaise</i>            ½ cup grapes            Beverage: 1 cup tomato juice*</p> <p><b>DINNER</b></p> <p>Steak and potatoes:  <i>4 ounces broiled beef steak</i>  <i>¾ cup mashed potatoes made with milk and 2 tsp tub margarine</i>            ½ cup cooked green beans  <i>1 tsp tub margarine</i>  <i>1 tsp honey</i>            1 ounce whole wheat roll  <i>1 tsp tub margarine</i>            Frozen yogurt and berries:  <i>½ cup frozen yogurt (chocolate)</i>  <i>¼ cup sliced strawberries</i>            Beverage: 1 cup fat-free milk</p> <p><b>SNACKS</b></p> <p>1 cup frozen yogurt (chocolate)</p>

DAY 6
<p><b>BREAKFAST</b></p> <p>French toast:  <i>2 slices whole wheat bread</i>  <i>3 Tbsp fat-free milk and ¾ egg (in French toast)</i>  <i>2 tsp tub margarine</i>  <i>1 Tbsp pancake syrup</i>            ½ large grapefruit            Beverage: 1 cup fat-free milk</p> <p><b>LUNCH</b></p> <p>3-bean vegetarian chili on baked potato:  <i>¼ cup each cooked kidney beans,* navy beans,* and black beans*</i>  <i>½ cup tomato sauce*</i>  <i>¼ cup chopped onion</i>  <i>2 Tbsp chopped jalapeno peppers</i>  <i>1 tsp corn/canola oil (to cook onion and peppers)</i>  <i>¼ cup cheese sauce</i>  <i>1 large baked potato</i>            ½ cup cantaloupe            Beverage:            1 cup water, coffee, or tea**</p> <p><b>DINNER</b></p> <p>Hawaiian pizza  <i>2 slices cheese pizza, thin crust</i>  <i>1 ounce lean ham</i>  <i>¼ cup pineapple</i>  <i>¼ cup mushrooms</i>  <i>1 tsp safflower oil (to cook mushrooms)</i>            Green salad:  <i>1 cup mixed salad greens</i>  <i>4 tsp oil and vinegar dressing</i>            Beverage: 1 cup fat-free milk</p> <p><b>SNACKS</b></p> <p>3 Tbsp hummus            5 whole wheat crackers*</p>

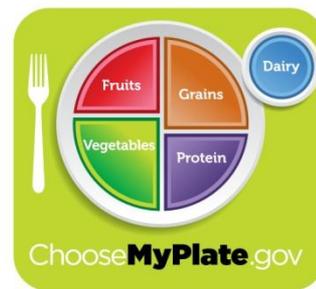
DAY 7
<p><b>BREAKFAST</b></p> <p>Buckwheat pancakes with berries:  <i>2 large (7") pancakes</i>  <i>1 Tbsp pancake syrup</i>  <i>¼ cup sliced strawberries</i>            Beverage: 1 cup orange juice</p> <p><b>LUNCH</b></p> <p>New England clam chowder:  <i>3 ounces canned clams</i>  <i>½ small potato</i>  <i>2 Tbsp chopped onion</i>  <i>2 Tbsp chopped celery</i>  <i>6 Tbsp evaporated milk</i>  <i>¼ cup fat-free milk</i>  <i>1 slice bacon</i>  <i>1 Tbsp white flour</i>            10 whole wheat crackers*            1 medium orange            Beverage: 1 cup fat-free milk</p> <p><b>DINNER</b></p> <p>Tofu-vegetable stir-fry:  <i>4 ounces firm tofu</i>  <i>½ cup chopped Chinese cabbage</i>  <i>¼ cup sliced bamboo shoots</i>  <i>2 Tbsp chopped sweet red peppers</i>  <i>2 Tbsp chopped green peppers</i>  <i>1 Tbsp corn/canola oil (to cook stir-fry)</i>            1 cup cooked brown rice (2 ounces raw)            Honeydew yogurt cup:  <i>¾ cup honeydew melon</i>  <i>½ cup plain fat-free yogurt</i>            Beverage:            1 cup water, coffee, or tea**</p> <p><b>SNACKS</b></p> <p>1 large banana spread with            2 Tbsp peanut butter*            1 cup nonfat fruit yogurt</p>

## Notes:

\*Foods that are reduced sodium, low sodium, or no-salt added products. These foods can also be prepared from scratch with no added salt. All other foods are regular commercial products, which contain variable levels of sodium. Average sodium level of the 7-day menu assumes that no salt is added in cooking or at the table.

\*\*Unless indicated, all beverages are unsweetened and without added cream or whitener.

Italicized foods are part of the dish or food that precedes it.



# Sample Menus for a 2000 Calorie Food Pattern (cont'd)

## Average amounts for weekly menu:

Food group	Daily average over 1 week
<b>GRAINS</b>	<b>6.2 oz eq</b>
Whole grains	3.8
Refined grains	2.4
<b>VEGETABLES</b>	<b>2.6 cups</b>
Vegetable subgroups (amount per week)	
Dark green	1.6 cups per week
Red/Orange	5.6
Starchy	5.1
Beans and Peas	1.6
Other Vegetables	4.1
<b>FRUITS</b>	<b>2.1 cups</b>
<b>DAIRY</b>	<b>3.1 cups</b>
<b>PROTEIN FOODS</b>	<b>5.7 oz eq</b>
Seafood	8.8 oz per week
<b>OILS</b>	<b>29 grams</b>
<b>CALORIES FROM ADDED FATS AND SUGARS</b>	<b>245 calories</b>

Nutrient	Daily average over 1 week
Calories	1975
Protein	96 g
Protein	19% kcal
Carbohydrate	275 g
Carbohydrate	56% kcal
Total fat	59 g
Total fat	27% kcal
Saturated fat	13.2 g
Saturated fat	6.0% kcal
Monounsaturated fat	25 g
Polyunsaturated fat	16 g
Linoleic Acid	13 g
Alpha-linolenic Acid	1.8 g
Cholesterol	201 mg
Total dietary fiber	30 g
Potassium	4701 mg
Sodium	1810 mg
Calcium	1436 mg
Magnesium	468 mg
Copper	2.0 mg
Iron	18 mg
Phosphorus	1885 mg
Zinc	14 mg
Thiamin	1.6 mg
Riboflavin	2.5 mg
Niacin Equivalents	24 mg
Vitamin B6	2.4 mg
Vitamin B12	12.3 mcg
Vitamin C	146 mg
Vitamin E	11.8 mg (AT)
Vitamin D	9.1 mcg
Vitamin A	1090 mcg (RAE)
Dietary Folate Equivalents	530 mcg
Choline	386 mg



1



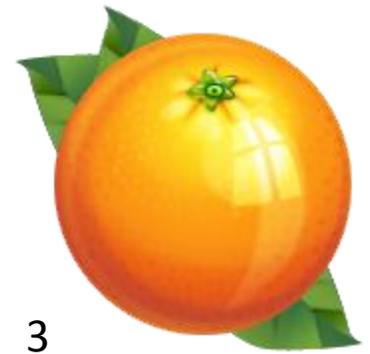
Make a list of the reasons why you want to maintain a healthy weight.

2

Keep a food record or diary to help you become more aware of what you eat.

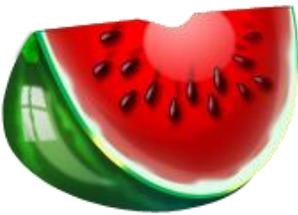
Record:  
Time, location, activity while eating, and feeling or emotions

3



Go out to a restaurant and watch other people eat. Compare how a thin person and a heavy person eat. Does the heavy person gobble down their food? Does the thin person take their time while eating?

4



Get more involved in family projects and community activities. Many people eat simply out of boredom and will find that other activities are much more fulfilling.

## TIPS TO MAINTAIN A HEALTHY WEIGHT!



5

Never go to the supermarket when you're hungry. You may be tempted to buy a food you'll regret once you get home.

6

Restrict your eating to one place. Don't take your food into your bedroom or watch TV while eating. This will reduce the number of places you associate with food and eating.

7

Set reasonable goals for yourself. You've had all your life to form those "bad habits," so don't expect to change them all overnight. If you slip and eat something you shouldn't, don't drown yourself in disappointment by beginning a real eating binge.



Write out a shopping list before you go to the supermarket. Stick to the list and don't buy extra items.

Chew each mouthful of food 20 times before swallowing. It will increase your concentration on what you're eating and stretch the time you spend eating.

Take up a new hobby instead of eating. For instance, if you try a new craft, you'll find your hands will be busy and your mind occupied. You won't have time to think about eating.

Trim recipes. Make only the amount you need for one meal or place leftovers in the refrigerator before you start to eat. This cuts out second helpings.

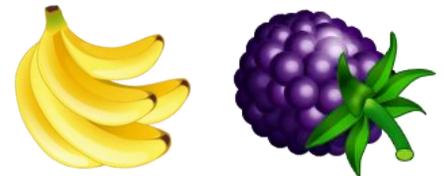
Don't watch TV or listen to the radio while you're eating. Without these distractions, you'll feel you're getting more out of each mouthful.

Eat *before* attending a social function that features food. That way, you won't be tempted to eat something you shouldn't once you're there

Never skip a meal. Most people find that if they skip a one meal, they just overeat at the next meal.



Take a walk or do some kind of exercise instead of eating. Contrary to popular belief, exercise does not increase hunger.



Always keep food out of sight, "Out of sight, out of mind" means you may not even think about food if you're not constantly looking at it.

If you serve your food "family style" (passing bowls of food around the table), serve from the kitchen range instead. This way, the food will be out of sight and people can help themselves just the same

\*Adapted and modified from Dr. Susan Algert's consulting materials