

HO 1.4: Daily Food Log

Appendix B

Daily Food Log

Date: _____

My short-term healthy eating goals: _____

Meal	Food	Amount eaten	Food group (fruits and vegetables, grains, protein, dairy)	Amount of food group equivalent	Saturated fat	Added sugars	Optional	Optional
Breakfast								
Lunch								
Dinner								

> continued

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> Daily Food Log *(continued)*

Meal	Food	Amount eaten	Food group (fruits and vegetables, grains, protein, dairy)	Amount of food group equivalent	Saturated fat	Added sugars	Optional	Optional
Snacks								

HEED plate food group	Recommended amount per day	My goal amount per day	My amounts today
Fruits and vegetables	_____	_____	<div style="display: flex; justify-content: space-between;"> <div style="width: 40%;"> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> </div> <div style="width: 60%;"> <p>○ = 1/2 cup</p> </div> </div>
Total grains Whole grains (1/2 of total grains)	_____	_____	<div style="display: flex; justify-content: space-between;"> <div style="width: 40%;"> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> </div> <div style="width: 60%;"> <p>○ = 1 oz. equivalent</p> </div> </div>
Total Protein Lean and low-fat sources	_____	_____	<div style="display: flex; justify-content: space-between;"> <div style="width: 40%;"> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> </div> <div style="width: 60%;"> <p>○ = 1 oz. equivalent</p> </div> </div>
Total Dairy Low-fat or fat-free sources	_____	_____	<div style="display: flex; justify-content: space-between;"> <div style="width: 40%;"> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> <p>○ ○ ○ ○ ○ ○ ○ ○ ○ ○</p> </div> <div style="width: 60%;"> <p>○ = 1/2 cup</p> </div> </div>

My Saturated Fat Allowance: _____ grams

My Saturated Fat intake: _____ grams

My Added Sugars Allowance: _____ grams

My Added Sugars intake: _____ grams

My "Optional" category goal: _____

My "Optional" category intake: _____

I attained my short-term healthy eating goals today (circle one): Yes No

Notes/Comments _____