

# Nutrition Appointment Record:

Day	Date	Time

Please call in advance to cancel your appointment if you are unable to attend at your scheduled time.

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SACRAMENTO  
STATE

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# Food & Activity Journal

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Health Education Department



SACRAMENTO  
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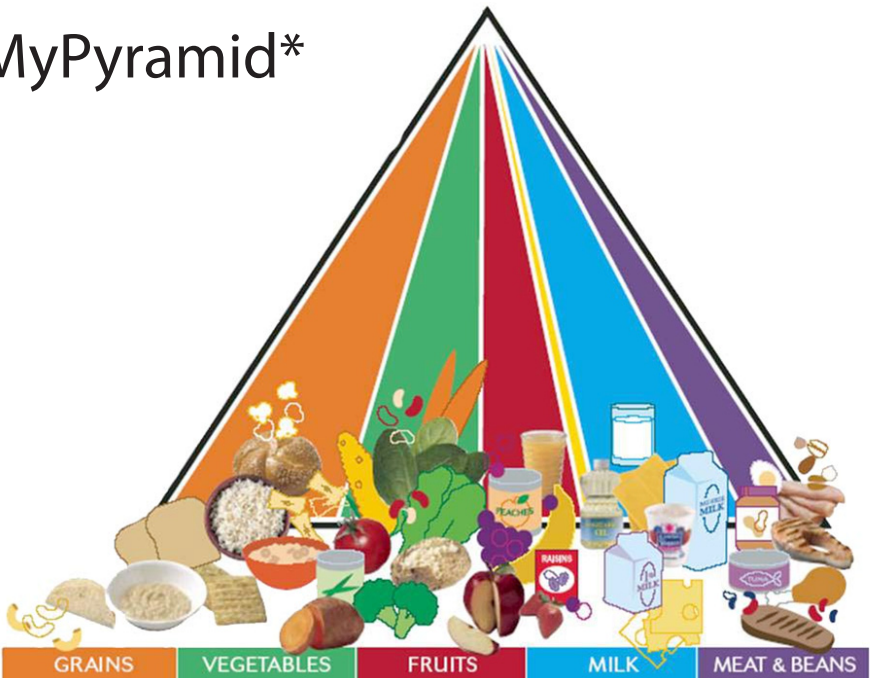


Name: \_\_\_\_\_

# Meal Planning Tips:

- **Eat regular meals**- try to go no longer than 3-4 hours in between meals. If you go long periods without eating– plan a snack to help keep you satisfied.
- **Eat balanced meals**- include a mix of whole grains, fruits or vegetables, lean protein and/or healthy fats with each meal and snack.
- **Choose sweets and other extras in moderation**– no foods are forbidden! If you are eating healthy foods most of the time then you have room to fit in small portions of less healthy foods.
- **Choose healthy foods when dining out**– order your way not their way! Healthy options include green salad with chicken and light dressing, grilled chicken sandwich (skip the mayo), veggie burger, bean burrito or fruit parfait. Better yet, pack your own food and brown bag it!
- **Keep portions moderate**– read food labels and measure foods occasionally. Or, try the picnic plate method: fill 1/2 of your plate with vegetables, 1/4 with lean protein and 1/4 with whole grains.

## MyPyramid\*



(Image taken from [www.mypyramid.gov](http://www.mypyramid.gov))





# Serving Size Guide

(adapted from Mypyramid)

<p><b>Grains</b></p> <p>Each of the following count as one serving (1 oz) of grains:</p> <ul style="list-style-type: none"> <li>• ½ C. pasta, oatmeal or cooked rice</li> <li>• 1 slice bread</li> <li>• 1 small muffin (1 oz)</li> <li>• 1 C. dry cereal flakes</li> <li>• 1 C. popcorn</li> <li>• 1 oz low-fat crackers</li> </ul>	<p><b>Vegetables</b></p> <p>Each of the following count as one serving of vegetables:</p> <ul style="list-style-type: none"> <li>• ½ C. raw or cooked vegetables (e.g. broccoli, carrots, zucchini, bell peppers)</li> <li>• 1/2 C. vegetable juice</li> <li>• 1 C. salad greens, bok choy, collard greens, spinach, kale or Swiss chard</li> </ul>	<p><b>Fruits</b></p> <p>Each of the following count as one serving of fruits:</p> <ul style="list-style-type: none"> <li>• ½ C. raw fruit , berries</li> <li>• 1 small banana, orange or tangerine</li> <li>• ½ large apple, banana, grapefruit, orange or pear</li> <li>• ½ C. (4 ounces) fruit juice</li> </ul>
<p><b>Oils &amp; Fats</b></p> <p>Each of the following count as one serving of oils &amp; fats:</p> <ul style="list-style-type: none"> <li>• 1 tsp. butter or oil</li> <li>• 1 Tbl. sour cream</li> <li>• 1 Tbl. salad dressing</li> <li>• 1 Tbl. cream cheese</li> <li>• 2 Tbl. reduced-fat salad dressing</li> <li>• 2 Tbl. low fat sour cream</li> <li>• 2 Tbl. low fat cream cheese</li> </ul>	<p><b>Dairy</b></p> <p>Each of the following count as one serving of dairy:</p> <ul style="list-style-type: none"> <li>• 1 C. non or low-fat milk</li> <li>• 1 C. plain or fruit yogurt</li> <li>• 1 C. cottage cheese or ricotta cheese</li> <li>• 1.5 oz cheese</li> </ul>	<p><b>Meat &amp; Beans</b></p> <p>Each of the following count as one serving (1 ounce) of lean protein:</p> <ul style="list-style-type: none"> <li>• 1 oz beef sirloin, pork chop or loin, skinless chicken breast, fish</li> <li>• 1 oz (1 slice) deli-style ham, roast beef or turkey</li> <li>• 1 egg</li> <li>• ¼ C. beans, lentils, tofu or edamame</li> <li>• 1 Tbl. nut butter</li> <li>• ½ oz nuts or seeds</li> </ul>

## Estimating food intake:

- baseball = 1C. or a medium piece of fruit, 1C. Salad.
- cupcake wrapper = 1/2 C. rice, pasta, cut up fruit/ vegetables.
- Ping-pong ball = 2 Tbl. Salad dressing, 2 Tbl peanut butter.
- Index and middle finger = 1.5 oz. cheese.
- A small fist = cup of cereal
- A cupped hand = 1-2 oz. of nuts or pretzels
- Deck of cards = 3 oz. of meat, fish, or poultry.



















































