

HEART-HEALTHY LIVING'S

Food Diary

Reach and maintain your goal weight by recording what you eat
(see page 2 for a blank form). Fill in as many columns as you can.

Day/Date: January 1, 2010

My Weight: 154 lbs.

Meal/Snack Time	Food	Amount	Calories	Saturated Fat	Sodium	Fiber	Cholesterol
Breakfast 7:30 a.m.	Kiwi	2 kiwis	92	0 g	4 mg	5 g	0 mg
Breakfast 7:30 a.m.	Waffle	1 (7-inch)	200	1 g	475 mg	2 g	10 mg
Breakfast 7:30 a.m.	Light pancake syrup	2 Tbsp.	50	0 g	53 mg	0 g	0 mg
Lunch noon	Frozen Asian meal	1 meal	189	1 g	536 mg	4 g	23 mg
Lunch noon	Honeydew melon	1 cup	61	0 g	31 mg	1 g	0 mg
Snack 3:30 p.m.	Celery	2 stalks	13	0 g	0 mg	1 g	0 mg
Snack 3:30 p.m.	PB and raisins for celery	1 Tbsp. PB 2 Tbsp. raisins	94 78	2 g 0 g	73 mg 3 mg	1 g 1 g	0 mg 0 mg
Dinner 6:00 p.m.	Whole wheat pasta	1 cup	174	0 g	4 mg	6 g	0 mg
Dinner 6:00 p.m.	Low-sodium spaghetti sauce	1/2 cup	111	1 g	38 mg	4 g	3 mg
Dinner 6:00 p.m.	Cooked meatballs	2 meatballs	196	0 g	141 mg	0 g	73 mg
Dinner 6:00 p.m.	Steamed swiss chard	1 cup	35	0 g	313 mg	4 g	0 mg
Dinner 6:00 p.m.	Olive oil for swiss chard	2 tsp.	239	4 g	1 mg	0 g	0 mg

Daily Totals: 1,532 9 g 1,672 mg 29 g 109 mg

Exercise

(ADA recommends 30 minutes of exercise per day)

- Woke up early this morning to stretch for 10 minutes before breakfast.
- Went for a 10-minute walk over lunch break.
- Did the Trim Belly Fat workout from hearthealthyonline.com.

Notes

Today was a great day. I felt a little tired after eating lunch, but once I got back to work I felt better. Eating my snack helped. Workout was good.

