

The example here is a typical day of eating for me.
Use the sheets below to help you write your eating journal out for three days.

Do you know how to read a nutritional label?

Here are the first things you should know:

- 1-gram carbohydrate = 4 calories
- 1-gram protein = 4 calories
- 1-gram fat = 9 calories
- 1-gram sugar = 4.5 teaspoons



Sodium intake should not exceed 2000 mg/day

Here is a typical nutritional label. The calories are for one serving (1 cup).

Total calories: *250
 Fat 12g x 9 = 108 calories
 CHO 31g x 4 = 124 calories
 Protein 5g x 4 = 20 calories
 Sugars = 5g
 Sodium 210 mg
 *The totals of the macro nutrients don't always add up to the total calories shown.

Nutrition Facts	
Serving Size 1 cup (228g)	
Amount Per Serving	
Calories 250	
<small>% Daily Value*</small>	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	



Need some help?
Let's have a chat 😊

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EXAMPLE	TOTAL CALORIES	FAT (g)	CHO (g)	PROTEIN (g)	Sodium (mg) < 2000 mg per day	Sugars (g) Approx. 25g per day
BREAKFAST: ¾C frozen blueberries 2C fresh spinach One scoop Protein powder (Isagenix) 2 cups water Coffee	80 20 118.5 218.5	0 0 2.5 2.5g	19 3 12 34g	1 2 12 15g	10 80 85 175	13 0 5.5 18.5g
SNACK: 3 tbsp. hummus Beet crackers (16 crackers) Coffee	90 135 225	6 7 13g	6 16 22g	3 2 5g	65 50 115	0 1 1g
LUNCH: Multi-grain bun One tsp mustard ½ tbsp. mayonnaise ½ C roast chicken ½ C fresh spinach ½ tomato 1oz cheddar cheese	205 0 20 176 5 16 109 531	5 2 4 . 0 9 20g	34 .5 0 . 3 3 0 38.2g	6 0 . 35 .5 1 7 49.5g	410 40 84 20 4 230 788	2 0 0 2 0 4g
SNACK: Four dried prunes	100 100	0 24g	24 1g	1 1g	0 15g	15 15g
DINNER: ½ lb teriyaki salmon ¾ C white sushi rice spinach salad 1 piece dark chocolate	230 177 48 59 514	6 1 0 4 11g	10 39 9 5 63g	34 3 3 .75 40.75g	0 5 9 14	3 0 4.5 7.5g
TOTALS:	1588.5 cals	46.5g x9	181.2g x4	111.25g x4		
Total percentage of calories		418.5g 1588.5 26%	724.8g 1588.5 46%	445g 1588.5 28%		1092mg

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BREAKFAST:							BREAKFAST:						
SNACK:							SNACK:						
LUNCH:							LUNCH:						
SNACK:							SNACK:						
DINNER:							DINNER:						

TOTALS: cals g g g
 x9 x4 x4
Total percentage of calories _____g _____g _____g

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