

The example here is a typical day of eating for me.
Use the sheets below to help you write your eating journal for 3–4 days.

Do you know how to read a nutrition label?

Here are the first things you should know:

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

Sodium intake should not exceed
1500 - 2000 mg/day

Here is a typical nutrition 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 macronutrients don't always add up to the total calories shown.



Nutrition Facts	
Servings Per Container 2	
Serving Size 1 cup (228g)	
Amount Per Serving	
Calories 250	
% Daily Value*	
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	



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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 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: ¾ 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 .7 3 0 38.2g	6 0 35 .5 1 7 49.5g	410 40 84 20 4 230 788	2 0 0 0 2 0 4g
SNACK: Four dried prunes	100 100	0	24 24g	1 1g	0	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	181.2g	111.25g		
		x9	x4	x4		
Total percentage of calories		418.5g	724.8g	445g		
		1588.5	1588.5	1588.5		
		26%	46%	28%		
					1092mg	

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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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TOTALS: cals g g g
 x9 x4 x4
 ____g ____g ____g

Total percentage of calories

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