

Daily Fitness and Nutrition Journal





Daily Fitness and Nutrition Journal

Published by McGraw-Hill, an imprint of The McGraw-Hill Companies, Inc., 1221 Avenue of the Americas, New York, NY 10020. Copyright © 2011. All rights reserved. No part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written consent of The McGraw-Hill Companies, Inc., including, but not limited to, in any network or other electronic storage or transmission, or broadcast for distance learning.

1 2 3 4 5 6 7 8 9 0 DOC/DOC 1 0

ISBN: 978-0-07-734970-7

MHID: 0-07-734970-9

The Internet addresses listed in the text were accurate at the time of publication. The inclusion of a Web site does not indicate an endorsement by the authors or McGraw-Hill, and McGraw-Hill does not guarantee the accuracy of the information presented at these sites.

www.mhhe.com

CONTENTS

FITNESS 1

First Steps 1

Program Plans 2

 Overall Program Plan 5

 Weight Training Program Plan 6

 Stretching Program Plan 7

Weight Training Logs 8

Overall Fitness Program Logs 24

NUTRITION 49

Tools for Monitoring Your Daily Diet 50

 MyPyramid Food Guidance System 50

 Recommended MyPyramid Food Group Intakes 51

 Estimating Food Intake 52

 Making Choices Within the Food Groups 54

 Self-Assessment: Portion Size Quiz 58

 Reading Food Labels 59

Preprogram Nutrition Logs 61

Assessing Your Daily Diet 65

Nutrition Behavior Change Contract 66

Tools for Improving Your Food Choices 68

 Dietary Guidelines for Americans 68

 Making Healthy Ethnic Food Choices 69

 Self-Assessment: What Triggers Your Eating? 70

Postprogram Nutrition Logs 73

Assessing Improvement in Your Daily Diet 77

Nutrition Logs 79

WEIGHT MANAGEMENT 86

Creating a Weight Management Program 86

Creating a Negative Energy Balance 89

Calorie Costs for Common Sports and Fitness Activities 90

Sample Daily Weight Management Log 91

Daily Weight Management Logs 92

Nutritional Content of Popular Items from

 Fast-Food Restaurants 101

FITNESS

Physical activity and exercise are key components of a wellness lifestyle. To live a long and healthy life, you must be active. The first part of this journal will help you develop a personalized plan for your fitness program. Once you are ready to put your plan into action, use the logs for weight training and for an overall exercise program to monitor the progress of your behavior change program.

First Steps

Before you begin to plan your fitness program, you should make sure that exercise is safe for you. If you are male and under 40 or female and under 50, and in good health, exercise is probably safe for you. If you are over these ages or have health problems, see your physician before starting an exercise program.

In addition, make sure that you are ready and motivated to increase your level of activity. Below, list the benefits and costs (pros and cons) of becoming more active and beginning a fitness program; include both short-term and long-term effects. Study your lists carefully. If you don't feel that the benefits of activity outweigh the costs, you'll have a more difficult time sticking with your program.

Benefits of increased physical activity:

Costs of increased physical activity:

Program Plans

1. *Determine your current fitness status and activity level. Below, briefly describe your current fitness status and activity level. What types of physical activity do you currently engage in? At what intensity and for how long? If you've performed formal fitness testing as part of a wellness or health course, include a summary of the results below.*

Description of current activity/exercise habits:

Results of fitness tests (test name and results):

Are you satisfied with your current activity and fitness levels? Why or why not?

2. *Set goals.* Based on your analysis of the costs and benefits of fitness and your current activity and fitness levels, set goals for your fitness program. Your goals can be specific or general, short or long term. In the first section, include specific, measurable goals that you can use to track the progress of your fitness program. These goals might be things like raising your cardiorespiratory fitness rating, increasing daily steps (as measured with a pedometer), or swimming laps for 30 minutes without resting. In the second section, include long-term and more qualitative goals, such as improving the fit of your clothes and reducing your risk for chronic disease.

For each of your specific fitness goals, include a reward for achieving the goal. Rewards should be special, inexpensive, and preferably unrelated to food or alcohol.

Specific fitness goals:

1. Activity: _____
 Current status: _____
 Goal: _____
 Target date: _____
 Reward: _____
2. Activity: _____
 Current status: _____
 Goal: _____
 Target date: _____
 Reward: _____
3. Activity: _____
 Current status: _____
 Goal: _____
 Target date: _____
 Reward: _____

General goals:

1. _____
2. _____
3. _____

3. *Select activities.* Your program should be based around cardiorespiratory endurance exercise, but it should include activities that will develop all the different components of fitness. For example, your program might include bicycling, weight training, and stretching. Fill in the activities you've chosen on the overall program plan on the next page and check the components that each activity will develop.

For weight training and stretching programs, you will need to select specific exercises to strengthen and stretch the different muscles of the body. Turn the page and fill in the exercises you've chosen for the weight training and stretching program plans. For each exercise in your weight training program, select a starting weight and number of repetitions and sets; add these to the "Weight Training Program Plan."

4. *Apply the FITT principle by setting a target frequency, intensity, and time for each activity.* Add these to the program plan on the next page. For advice on choosing activities (or "type," the second *T* in *FITT*) and for determining appropriate frequency, intensity, and time (duration), refer to your textbook, visit the Web site of the American College of Sports Medicine (www.acsm.org), or consult an appropriate fitness professional.
5. *Begin and monitor your program.* Use the logs provided here to monitor your progress (see the weight training logs on pp. 8–23 and the overall fitness program logs on pp. 24–48). Be sure to complete the built-in progress check-ups every 6 weeks. To further track changes in your fitness status, record your starting resting heart rate (taken after 10 minutes of complete rest) in beats per minute and your blood pressure.

Date: _____

Resting heart rate: _____ bpm Blood pressure: ____/____

Overall Program Plan

Activities	Components (Check ✓)					Frequency (Check ✓)							Intensity*	Time (Duration)
	Cardiorespiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility	Body Composition	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
1.														
2.														
3.														
4.														
5.														
6.														

*You should perform exercises for achieving CRE goals in your target range for heart rate or RPE.

Weight Training Program Plan

Exercise	Muscle(s) developed	Weight (lb)	Repetitions	Sets

Stretching Program Plan

Exercise	Area(s) stretched

Weight Training Logs

Weight Training

Exercise/Date								
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							

Weight Training

Exercise/Date									
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								

Weight Training

Exercise/Date								
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							

Weight Training

Exercise/Date								
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							

Weight Training

Exercise/Date								
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							

Weight Training

Exercise/Date								
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							
	Wt							
	Sets							
	Reps							

Weight Training

Exercise/Date									
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								

Weight Training

Exercise/Date									
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								
	Wt								
	Sets								
	Reps								

Overall Fitness Program Logs

To use the overall fitness program logs, fill in the activities that are part of your program. Each day, note the distance and/or time you complete for each activity. For flexibility or weight training workouts, you may prefer just to enter a check mark each time you complete a workout. At the end of each week, total your distances and/or times. If you are tracking physical activity by counting steps with a pedometer, you can record daily steps and then calculate your weekly total or daily average steps.

SAMPLE

Date Oct 18-24

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1. Walking (time)	30	40	30	45				145 min
2. Weight training	✓		✓		✓			3 days
3. Stretching		✓		✓		✓		3 days
4. Swimming (yards)						800		800 yards
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Fitness Program

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Progress Check-Up: Week 6 of Program

Goals: Original Status

Current Status

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Resting heart rate: _____ bpm Blood pressure: ____/____

Below, list the activities in your program, and describe how satisfied you are with each activity and with your overall progress. List any problems you've encountered or any unexpected costs or benefits of your fitness program so far.

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

What is your overall response to your program so far? How do you feel about your program and its effects?

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Fitness Program

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Progress Check-Up: Week 12 of Program

Goals: Original Status

Current Status

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Resting heart rate: _____ bpm Blood pressure: ____/____

Below, list the activities in your program, and describe how satisfied you are with each activity and with your overall progress. List any problems you've encountered or any unexpected costs or benefits of your fitness program so far.

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

What is your overall response to your program so far? How do you feel about your program and its effects?

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Fitness Program

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Progress Check-Up: Week 18 of Program

Goals: Original Status

Current Status

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Resting heart rate: _____ bpm Blood pressure: ____/____

Below, list the activities in your program, and describe how satisfied you are with each activity and with your overall progress. List any problems you've encountered or any unexpected costs or benefits of your fitness program so far.

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

What is your overall response to your program so far? How do you feel about your program and its effects?

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Fitness Program

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Progress Check-Up: Week 24 of Program

Goals: Original Status

Current Status

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Resting heart rate: _____ bpm Blood pressure: ____/____

Below, list the activities in your program, and describe how satisfied you are with each activity and with your overall progress. List any problems you've encountered or any unexpected costs or benefits of your fitness program so far.

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

What is your overall response to your program so far? How do you feel about your program and its effects?

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Fitness Program

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Progress Check-Up: Week 30 of Program

Goals: Original Status

Current Status

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Resting heart rate: _____ bpm Blood pressure: ____/____

Below, list the activities in your program, and describe how satisfied you are with each activity and with your overall progress. List any problems you've encountered or any unexpected costs or benefits of your fitness program so far.

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

What is your overall response to your program so far? How do you feel about your program and its effects?

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Fitness Program

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Date _____

Activity	M	Tu	W	Th	F	Sa	Su	Weekly Total
1.								
2.								
3.								
4.								
5.								
6.								

Progress Check-Up: Week 36 of Program

Goals: Original Status

Current Status

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Resting heart rate: _____ bpm Blood pressure: ____/____

Below, list the activities in your program, and describe how satisfied you are with each activity and with your overall progress. List any problems you've encountered or any unexpected costs or benefits of your fitness program so far.

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

Activity: _____ Status: _____

What is your overall response to your program so far? How do you feel about your program and its effects? Do you think you will stick with your program? Why or why not?

NUTRITION

Nutrition is a vitally important component of wellness. Diet influences energy levels, well-being, and overall health. A well-planned diet supports maximum fitness and protects against disease. This part of your journal will help you analyze your current eating habits, identify patterns that may be causing you to shortchange yourself on nutrition, and put a more balanced eating plan into action.

To start monitoring, assessing, and improving your nutritional habits, follow these steps:

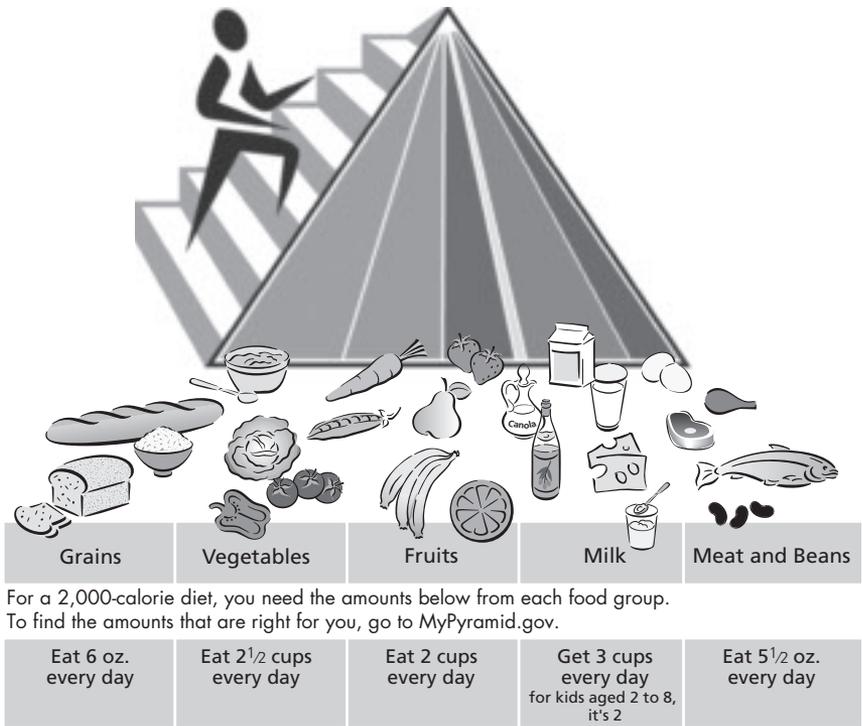
1. Review the tools for keeping a nutrition log provided on pages 50–60.
2. Using these tools, fill out the Preprogram Nutrition Log for 3 days.
3. Use the Assessing Your Daily Diet worksheets to analyze your daily nutritional intake. Note areas in your current diet that could be improved.
4. Complete the Behavior Change Contract. The information in the Tools for Improving Your Food Choices section will help you identify unhealthy behaviors and plan how to improve them.
5. Record your daily diet a second time in the Postprogram Nutrition Log.
6. Analyze your revised diet and compare it to your original diet.

Once you understand your nutritional needs and habits, you can make reasonable and healthy choices for weight management. Additional nutrition log pages are provided for longer-term monitoring of your diet.

TOOLS FOR MONITORING YOUR DAILY DIET

MyPyramid Food Guidance System

The latest version of the USDA daily food guide, released in 2005, is called MyPyramid. The MyPyramid food guidance system can help you get the most nutrition out of your calories and make smart choices from every food group. It emphasizes that consuming a balance of servings from each group will both meet the body's nutritional needs and help reduce chronic disease risk. The MyPyramid symbol is shown below, along with the recommended food group intakes for a 2000-calorie diet; for information on specific, personalized recommendations, refer to the following page.



For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://mypyramid.gov).

Figure 1 MyPyramid

SOURCE: U.S. Department of Agriculture. 2005. MyPyramid (<http://mypyramid.gov>; retrieved July 6, 2007).

Recommended MyPyramid Food Group Intakes

The amount of food you should consume from each group depends on your overall calorie intake and activity level. For example, an active 18-year-old male would need to consume more calories for weight maintenance than would a sedentary 60-year-old female. For guidance in determining an appropriate calorie intake and food intake pattern for yourself, refer to your text and/or the MyPyramid.gov Web site. At the site, you can answer a few questions and receive a personalized recommendation.

Based on information from your text or the MyPyramid.gov site, fill in the right column in the chart of recommendations below:

Group	Recommended Daily Intake: Sample for 2000-Calorie Diet	Recommended Daily Intake: Your Calorie Level
Daily Energy Intake	2000 calories	_____ calories
Grains	6 oz-eq	_____ oz-eq
Whole grains	3 oz-eq	_____ oz-eq
Other grains	3 oz-eq	_____ oz-eq
Vegetables	2.5 cups	_____ cups
Fruits	2 cups	_____ cups
Milk	3 cups	_____ cups
Meat and Beans	5.5 oz-eq	_____ oz-eq
Oils	6 tsp	_____ tsp
Discretionary Calories*	267 calories	_____ calories
Solid fats	18 g	_____ g
Added sugars	32 g (8 tsp)	_____ g (____ tsp)

*The suggested intakes from the basic food groups in MyPyramid assume that nutrient-dense forms are selected from each group; nutrient-dense forms are those that are fat-free or low-fat and that contain no added sugars. If this pattern is followed, then a small amount of additional calories can be consumed—the discretionary calorie allowance. The allowance at your calorie intake level—and how it might be divided between solid fats and added sugars—is listed in your text and on the MyPyramid.gov site.

Estimating Food Intake MyPyramid Portion Sizes Guide

To compare your diet to that recommended for your calorie intake, you need to track your portion sizes according to consistent measures. Use the information in this chart to more accurately track your daily food intake.

Foods and Portion Size Measures	Serving Size Equivalents
<p>Grains Group 1 oz equivalent =</p> <ul style="list-style-type: none"> • 1 slice bread • 1 small muffin • 1 cup ready-to-eat cereal flakes • ½ cup cooked cereal, rice, grains, or pasta • 1 6-inch tortilla 	<ul style="list-style-type: none"> • ½ cup of rice = an ice cream scoop or one-third of a soda can • 1 cup pasta = a small adult fist or a tennis ball • 1–2 oz muffin or roll = a plum or large egg • 2 oz bagel = a hockey puck or yo-yo • 1 tortilla = diameter of a small plate
<p>Vegetable Group ½ cup or equivalent (1 serving) =</p> <ul style="list-style-type: none"> • ½ cup cooked or raw vegetables • 1 cup raw leafy vegetables • ½ cup vegetable juice 	<ul style="list-style-type: none"> • ½ cup cooked vegetables = an ice cream scoop or one-third of a soda can • ½ cup juice = one-third of a soda can • 1 medium potato = computer mouse <p>The following count as 1 cup: 3 broccoli spears, 1 large tomato, 1 ear of corn, 12 baby carrots, 2 large celery stalks, 1 medium potato</p>

<p>Fruit Group $\frac{1}{2}$ cup or equivalent (1 serving) =</p> <ul style="list-style-type: none"> • $\frac{1}{2}$ cup fresh, canned, or frozen fruit • $\frac{1}{2}$ cup fruit juice • 1 small whole fruit • $\frac{1}{4}$ cup dried fruit 	<ul style="list-style-type: none"> • 1 medium fruit = a baseball • $\frac{1}{2}$ cup fruit = an ice cream scoop or one-third of a soda can • $\frac{1}{2}$ cup juice = one-third of a soda can <p>The following count as 1 cup: 1 large banana, 8 strawberries, 32 grapes, 12 melon balls, $\frac{1}{4}$ medium cantaloupe</p>
<p>Milk Group 1 cup or equivalent =</p> <ul style="list-style-type: none"> • 1 cup milk or yogurt • $1\frac{1}{2}$ oz natural cheese • 2 oz processed cheese 	<ul style="list-style-type: none"> • 1 oz cheese = your thumb, 4 dice, or an ice cube
<p>Meat and Beans Group 1 oz equivalent =</p> <ul style="list-style-type: none"> • 1 oz cooked lean meat, poultry, or fish • $\frac{1}{4}$ cup cooked dry beans (legumes) or tofu • 1 egg • 1 tablespoon peanut butter • $\frac{1}{2}$ oz nuts or seeds 	<ul style="list-style-type: none"> • 3 oz chicken or meat = deck of cards or an audiocassette tape • $\frac{1}{2}$ cup cooked beans = an ice cream scoop or one-third of a soda can • 2 tablespoons peanut butter = a Ping-Pong ball or large marshmallow • $\frac{1}{4}$ cup nuts = golf ball
<p>Oils 1 teaspoon or equivalent =</p> <ul style="list-style-type: none"> • 1 teaspoon vegetable oil or soft margarine • 1 tablespoon salad dressing or light mayonnaise 	<ul style="list-style-type: none"> • 1 teaspoon margarine = tip of thumb <p>The following food portions contain about 1 teaspoon of oil: 8 large olives, $\frac{1}{6}$ medium avocado, $\frac{1}{2}$ tablespoon peanut butter, $\frac{1}{3}$ ounce roasted nuts</p>

Additional guidelines for estimating food intake and counting discretionary calories are available at MyPyramid.gov.

Making Choices Within the Food Groups

The average American diet is at or below the recommended intake from most food groups, but we eat too much fat and added sugars to meet the recommendations without gaining weight. The key is to make better food choices within the groups and so get more nutrients for your calories. Keep these guidelines in mind as you plan your meals:

General

- Choose a variety of foods within each group. Different foods contain different combinations of nutrients.
- If you are concerned about eating too much and gaining weight, concentrate on nutrient-dense foods—i.e., foods that are high in nutrients relative to the amount of calories they contain.

Grains: Make Half Your Grains Whole

Americans currently consume an average of about 1 serving of whole grains per day. MyPyramid recommends that half of all grain servings be whole grains, a minimum of 3 servings of whole-grain foods per day. Whole grains include the following:

- whole wheat
- whole rye
- whole oats
- oatmeal
- whole-grain corn
- popcorn
- brown rice
- whole-grain barley
- bulgur (cracked wheat)
- millet
- kasha
- quinoa
- wheat and rye berries
- amaranth
- wild rice
- whole-grain spelt and kamut

Wheat flour, unbleached flour, enriched flour, and degerminated corn meal are not whole grains.

Additional tips for this group:

- Choose foods that contain little fat or sugar, such as bread, rice, or pasta.

- Limit foods that are high in fat and sugar such as pastries, croissants, cakes, and cookies.

Vegetables: Vary Your Veggies

Because vegetables vary in the nutrients they provide, it is important to consume a variety of types of vegetables to obtain maximum nutrition. To help boost variety, MyPyramid recommends servings from five different subgroups within the vegetables group; try to consume vegetables from several subgroups each week:

- Dark green vegetables like spinach, chard, collards, bok choy, broccoli, kale, romaine, chicory, endive, and turnip, beet, dandelion, and mustard greens
- Orange and deep yellow vegetables like carrots, winter squash, sweet potatoes, and pumpkin
- Legumes like pinto beans, kidney beans, black beans, navy beans, black-eyed peas, lentils, chickpeas, soybeans, split peas, and tofu (legumes can be counted as servings of vegetables or as alternatives to meat)
- Starchy vegetables like corn, green peas, hominy, lima beans, taro, and white potatoes
- Other vegetables; tomatoes, bell peppers (red, orange, yellow, or green), green beans, and cruciferous vegetables like cauliflower

In addition to choosing a variety of vegetables, limit the fat you add to vegetables during cooking and at the table as spreads and toppings.

Fruits: Focus on Fruits

- Choose whole fruits more often than juices; choose fruit juices over fruit punches, ades, and drinks.
- For canned fruits, choose those packed in 100% fruit juice rather than in syrup.
- Citrus fruits, melons, bananas, and berries are particularly good choices.

Milk: Get Your Calcium-Rich Foods

This group includes all milk and milk products, such as yogurt, cheeses (except cream cheese), and dairy desserts, as well as lactose-free and lactose-reduced products.

- Choose servings of low-fat and fat-free items from this group. Limit serving sizes of high-fat choices.
- Cottage cheese is lower in calcium than most cheeses.
- For those who choose not to consume dairy products, calcium is also found in fortified breads and breakfast cereals, dried fruits, green leafy vegetables, legumes, and some soy foods.

Meat and Beans: Go Lean on Protein

This group includes meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds.

- Choose lean cuts of meat and skinless poultry, and trim away all the fat you can see. Watch your serving sizes carefully.
- Choose at least one serving of plant proteins, such as black beans, lentils, or tofu, every day.

Oils: Know Your Fats

The oils group represents oils that are added to foods during processing, cooking, or at the table; oils and soft margarines include vegetable oils and soft vegetable oil table spreads that have no trans fats. Foods that are high in oils include nuts, olives, avocados, and some fish.

- Limit your intake of oils to the recommended MyPyramid amount for your level of calorie intake.
- Remember that solid (saturated) fats are counted as discretionary calories.

Discretionary Calories—Solid Fats and Added Sugars

The suggested intakes from the basic food groups in MyPyramid assume that nutrient-dense forms—those that are fat-free or low-fat and contain no added sugars—are selected from

each group. If this pattern is followed, then a small amount of additional calories can be consumed—the discretionary calorie allowance. People who are trying to lose weight may choose not to use discretionary calories.

For those wanting to maintain weight, discretionary calories may be used to increase the amount of food from a food group; to consume foods that are not in the lowest fat form or that contain added sugars; or to add oil, fat, or sugars to foods. Examples of discretionary solid fat calories include choosing higher-fat meats such as sausages or chicken with skin, choosing whole milk instead of fat-free milk, and topping foods with butter. Added sugars are found in sweetened beverages (regular soda, sweetened teas, fruit drinks), dairy products (ice cream, some yogurts), and grain products (bakery goods).

Additional Resources

There are many Web sites with advice for making healthy shopping and food choices, as well as many sites presenting basic cooking skills and recipes. The following are just a few online resources that can help you improve your diet:

American Heart Association

www.deliciousdecisions.org

Dietary Guidelines for Americans

www.health.gov/dietaryguidelines

MyPyramid.gov

www.mypyramid.gov

Centers for Disease Control and Prevention: Fruits and Veggies Matter

www.fruitsandveggiesmatter.gov

National Heart, Lung, and Blood Institute (search for “recipes” and “Go, Slow, and Whoa” foods)

www.nhlbi.nih.gov

Student Nosh

www.studentnosh.com

U.S. Department of Agriculture

www.nutrition.gov

Yum Yum: Student Recipes

www.yummy.com/student

Self-Assessment: Portion Size Quiz

Now test your perception of portion sizes (check your answers on the next page).

1. An ounce and a half of hard cheese—equivalent to one cup from the milk group—looks most like
 - a. one domino.
 - b. two dominoes.
 - c. three dominoes.
2. A half cup of cooked pasta, considered an ounce-equivalent from the grain group, most easily fits into
 - a. an ice cream scoop (the kind with a release handle).
 - b. a ball the size of a medium grapefruit.
 - c. a cereal bowl.
3. One drink of wine roughly fills
 - a. two-thirds of a coffee cup.
 - b. one coffee cup.
 - c. two coffee cups.
4. One $\frac{1}{2}$ -cup serving of green grapes consists of how many grapes?
 - a. 10
 - b. 15
 - c. 20
5. Three ounces of beef most closely resembles
 - a. a *T.V. Guide*.
 - b. a regular bar of soap.
 - c. a small bar of soap (as from a hotel).
6. One $\frac{1}{2}$ -cup serving of brussels sprouts consists of how many sprouts?
 - a. 4
 - b. 8
 - c. 12
7. Two tablespoons of olive oil more or less fill
 - a. a shot glass.
 - b. a thimble.
 - c. a Dixie cup.

8. Two tablespoons of peanut butter make a ball the size of
 - a. a marble.
 - b. a tennis ball.
 - c. a Ping-Pong ball.
9. How many shakes of a five-hole salt shaker does it take to reach 1 teaspoon (approximately the maximum amount of salt recommended per day)?
 - a. 5
 - b. 10
 - c. 60
10. There are eight servings in a loaf of Entenmann's Raspberry Danish Twist. A serving is the width of
 - a. one finger.
 - b. two fingers.
 - c. four fingers.

Answers

- | | | | | |
|------|------|------|------|-------|
| 1. c | 3. a | 5. b | 7. a | 9. c |
| 2. a | 4. b | 6. a | 8. c | 10. b |

Source: What's in a Portion? *Tufts University Diet and Nutrition Letter*, September, 1994. Reprinted with permission, *Tufts University Health and Nutrition Letter* (1-800-274-7581).

Reading Food Labels

Another important tool for keeping your nutrition log is the information you will find on food labels. In the example on page 60, note that the serving size is 1 cup. If you eat 2 cups of chili, you'll need to double all the values on the label. Other useful information includes total calories and calories from fat per serving. Remember that the serving size given on the food label is often not the same as the size of the portion you choose for yourself.

PREPROGRAM NUTRITION LOGS

Use the preprogram nutrition logs to keep track of everything you eat for 3 consecutive days. Break down each food item into its component parts and list them separately in the column labeled “Food.” Then enter the portion size you consume in the correct food group column; refer to the chart on pages 52–53. For example, a turkey sandwich might be listed as follows: whole-wheat bread, 2 oz-equiv of whole grains; turkey, 2 oz-equiv of meat/beans; tomato, $\frac{1}{3}$ cup vegetables; romaine lettuce, $\frac{1}{4}$ cup vegetables; 1 tablespoon mayonnaise dressing, 1 teaspoon oils. It can be challenging to track values for added sugars and especially oils and fats, but use food labels and information in Appendixes B and C in your text to be as accurate as you can. MyPyramid.gov has additional guidelines for counting discretionary calories. At the bottom of the chart, keep count of the number of servings of whole grains and the number of vegetable subgroups you consume daily (whole grains and vegetable subgroups are described on pp. 54–55).

Preprogram Nutrition Log

DAY 1

Nutrition

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: ____
 Number of vegetable subgroups consumed: ____

Preprogram Nutrition Log

DAY 2

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: ____
 Number of vegetable subgroups consumed: ____

Preprogram Nutrition Log

DAY 3

Nutrition

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: ____
 Number of vegetable subgroups consumed: ____

ASSESSING YOUR DAILY DIET

A balanced diet follows the MyPyramid recommendations. Fill in your recommended MyPyramid intakes from p. 51 and then the daily totals from your 3 days of preprogram food logs. Average your daily totals and compare them to the MyPyramid recommendations.

Group	Day 1	Day 2	Day 3	Average of 3 Days	MyPyramid recommended totals
Grains (oz-eq)					
Whole grains (oz-eq)					
Vegetables (cups)					
# of subgroups					*
Fruit (cups)					
Milk (cups)					
Meat/beans (oz-eq)					
Oils (tsp)					
Solid fats (g)					
Added sugars (g/tsp)					

* To consume the recommended variety of vegetables, you should eat vegetables from several (3–5) subgroups each day; the five subgroups are described on p. 55.

How does your diet compare to the recommended intakes for your level of energy intake?

NUTRITION BEHAVIOR CHANGE CONTRACT

Have you identified some areas of your diet where you don't meet the MyPyramid recommendations? Perhaps you have more than the recommended amount of added sugars in your diet or don't eat enough vegetables. Take a good look at your current diet and think about the changes you can make to improve it. Use the Behavior Change Contract on the next page to record your plan for dietary change and the steps that you will follow to reach your goal.

1. Fill in your name and your target for change. Examples of behavior change targets include increasing daily servings of vegetables and decreasing intake of added sugars.
2. Enter a start date, final goal, and target completion date. Allow enough time to achieve your overall goal. Make your goal specific, such as increasing fruit intake from 2 servings per week to 3 servings per day.
3. Break your program into several stages and give yourself a reward for achieving each mini-goal, in addition to a reward for reaching your final goal.
4. List specific strategies for achieving your goal, including such things as packing fruit in your backpack every morning, getting up 15 minutes earlier to allow time for a sit-down breakfast, and stocking your refrigerator with healthy beverages. Your program will probably involve making trade-offs: Review your nutrition logs and identify foods high in fat and sugar and low in other nutrients; these are foods to target for reduction or elimination. For additional tips, go to the Tools for Improving Your Food Choices section and use the quizzes and tables there (pp. 68–72).
5. Use the logs provided in this journal or develop your own plan for monitoring your eating habits and the progress of your program.
6. Sign your contract and, if possible, recruit a witness who can also participate in your program. (Your helper might eat a meal with you each day or call to offer encouragement.)

Behavior Change Contract

1. I _____ agree to

2. I will begin on _____ and plan to reach my goal of _____ by _____

3. In order to reach my final goal, I have devised the following schedule of mini-goals. For each step in my program, I will give myself the reward listed:

Mini-goal	Target date	Reward
_____	_____	_____
_____	_____	_____
_____	_____	_____

My overall reward for reaching my final goal will be

4. My plan for reaching my goal includes the following strategies:

5. I will use the following tools to monitor my progress toward reaching my final goal:

I sign this contract as an indication of my personal commitment to reach my goal.

Your signature: _____ Date: _____

I have recruited a helper who will witness my contract and

Witness signature: _____ Date: _____

TOOLS FOR IMPROVING YOUR FOOD CHOICES

Dietary Guidelines for Americans

As you plan to change your diet, keep in mind the Dietary Guidelines for Americans. These guidelines, which are described in more detail in your textbook and online (www.health.gov/dietaryguidelines), provide a good foundation for a lifestyle that promotes health.

- Consume a variety of nutrient-dense foods within and among the basic food groups, while staying within energy needs.
- Control calorie intake to manage body weight.
- Be physically active every day.
- Increase daily intake of foods from certain groups: fruits and vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Choose fats wisely for good health, limiting intake of saturated and trans fats.
- Choose carbohydrates wisely for good health, limiting intake of added sugars.
- Choose and prepare foods with little salt, and consume potassium-rich foods.
- If you drink alcoholic beverages, do so in moderation.
- Keep foods safe to eat.

Making Healthy Ethnic Food Choices

	Choose More Often	Choose Less Often
Chinese	<p>Chinese greens Dishes that are steamed, poached (jum), boiled (chu), roasted (kow), barbecued (shu), or lightly stir-fried Fresh fish, seafood, skinless chicken Mixed vegetables Soft noodles Steamed rice or spring rolls Tofu</p>	<p>Crab rangoon Crispy (Peking) duck or chicken Fried or crispy noodles Fried rice Fried wontons or egg rolls Sweet-and-sour dishes with breaded and deep-fried meat, poultry, or fish</p>
Indian	<p>Baked breads, such as chapati Basmati rice Dal (lentils) Dishes that are prepared masala (curry), tandoori (roasted in a clay oven), or tikka (pan roasted) Kabobs Raita (yogurt and cucumber salad) and other yogurt-based dishes or sauces</p>	<p>Fried breads, such as poori, bhatura, or paratha Ghee (clarified butter) Korma (meat in cream sauce) Molee and other coconut milk-based dishes Samosas and pakoras (fried dishes)</p>
Italian	<p>Cioppino (seafood stew) Dishes that are grilled or prepared cacciatore (tomato-based sauce), marsala (broth and wine sauce), or piccata (lemon sauce) Pasta primavera Pasta, polenta, risotto, or gnocchi with marinara, red or white wine, white or red clam, or light mushroom sauce Vegetable, minestrone, or fagioli soups</p>	<p>Antipasto (cheese, smoked meats) Buttered garlic bread Cannoli Chicken, veal, or eggplant parmigiana Dishes that are prepared alfredo, frito (fried), crema (creamed), alla panna (with cream), or carbonara Italian sausage, salami, or prosciutto Veal scaloppini</p>
Japanese	<p>Dishes that are prepared nabemono (boiled), shabu-shabu (in boiling broth), mushimono (steamed), nimono (simmered), yaki (broiled), or yakimono (grilled) Domburi (a mixed rice dish) Steamed rice or soba (buckwheat), udon (wheat) or rice noodles Sushi</p>	<p>Dishes that are prepared agemono (deep fried) or tempura (battered and fried) Fried tofu Katsu (fried pork cutlet) Sukiyaki</p>

Mexican	Choose More Often Burritos, fajitas, enchiladas, soft tacos, or tamales filled with beans, vegetables, and lean meats Ceviche Gazpacho, menudo, or black bean soup Nonfat or low-fat refried beans Rice and beans Salsa, enchilada sauce, and picante sauce Soft corn or wheat tortillas	Choose Less Often Crispy, fried tortillas Dishes made with cheese or cheese sauce Fried dishes (such as chile rellenos, chimichangas, flautas, and tostadas) Fried ice cream Guacamole Refried beans made with lard Sour cream or extra cheese as toppings
Thai	Bean thread noodles Dishes that are barbecued, sautéed, broiled, boiled, steamed, braised, or marinated Fish, basil, chili, or hot sauces Sate (skewered and grilled meats)	Coconut milk soup Mee-krob (crispy noodles) Peanut sauce or dishes topped with nuts Red, green, and yellow curries, which typically contain coconut milk

SOURCES: National Heart, Lung and Blood Institute. 2006. *Guidelines on Overweight and Obesity: Electronic Textbook* (http://www.nhlbi.nih.gov/guidelines/obesity/e_txtbk/appndx/6a3b.htm; retrieved July 7, 2007); Duyff, R.L. 2006. *The American Dietetic Association's Complete Food and Nutrition Guide*, 2nd ed. Hoboken, N.J.: Wiley.

Self-Assessment: What Triggers Your Eating?

Hunger isn't the only reason people eat. Efforts to make healthy eating choices can be sabotaged by eating related to other factors, such as emotions or patterns of thinking. Your score on this quiz will help you understand your motivations for eating so that you can create an effective plan for changing your eating behavior. Circle the number that indicates to what degree each situation is likely to make you start eating.

Social	Very Unlikely	Very Likely
1. Arguing or being in conflict with someone	1 2 3 4 5 6 7 8 9 10	
2. Being with others when they are eating	1 2 3 4 5 6 7 8 9 10	
3. Being urged to eat by someone else	1 2 3 4 5 6 7 8 9 10	

Social (continued)	Very Unlikely					Very Likely				
4. Feeling inadequate around others	1	2	3	4	5	6	7	8	9	10
Emotional										
5. Feeling bad, such as being anxious or depressed	1	2	3	4	5	6	7	8	9	10
6. Feeling good, happy, or relaxed	1	2	3	4	5	6	7	8	9	10
7. Feeling bored or having time on my hands	1	2	3	4	5	6	7	8	9	10
8. Feeling stressed or excited	1	2	3	4	5	6	7	8	9	10
Situational										
9. Seeing an advertisement involving food or eating	1	2	3	4	5	6	7	8	9	10
10. Passing by a bakery, cookie shop, or other enticement to eat	1	2	3	4	5	6	7	8	9	10
11. Being involved in a party, celebration, or special occasion	1	2	3	4	5	6	7	8	9	10
12. Eating out	1	2	3	4	5	6	7	8	9	10
Thinking										
13. Making excuses to myself about why it's okay to eat	1	2	3	4	5	6	7	8	9	10
14. Berating myself for being fat or unable to control my eating	1	2	3	4	5	6	7	8	9	10
15. Worrying about others or about difficulties I am having	1	2	3	4	5	6	7	8	9	10
16. Thinking about how things should or shouldn't be	1	2	3	4	5	6	7	8	9	10
Physiological										
17. Experiencing pain or discomfort	1	2	3	4	5	6	7	8	9	10

Physiological (continued)	Very Unlikely					Very Likely				
18. Experiencing trembling, headaches, or lightheadedness associated with not eating or too much caffeine intake	1	2	3	4	5	6	7	8	9	10
19. Experiencing fatigue or feeling overtired	1	2	3	4	5	6	7	8	9	10
20. Experiencing hunger pangs or urges to eat, even though I've eaten recently	1	2	3	4	5	6	7	8	9	10

Scoring

Total your scores for each area and enter them below. Then rank the scores by marking the highest score "1," next highest score "2," and so on. Focus on the highest-ranked areas first, but any score above 24 is high and indicates that you need to work on that area.

Area	Total Score	Rank Score
Social (Items 1–4)	_____	_____
Emotional (Items 5–8)	_____	_____
Situational (Items 9–12)	_____	_____
Thinking (Items 13–16)	_____	_____
Physiological (Items 17–20)	_____	_____

Lowering a High Score

Social Try reducing your susceptibility to the influence of others by communicating more assertively and rethinking your beliefs about obligations you feel you must fulfill.

Emotional Develop stress-management skills and practice positive self-talk to cope with emotions in ways that don't involve food.

Situational Work on controlling your environment and having a plan for handling external cues.

Thinking Change your thinking—be less self-critical and more flexible—in order to recognize rationalizations and excuses about eating behavior.

Physiological Look at the way you eat, what you eat, and any medications you're taking to find ways these factors may be affecting your eating behavior.

Source: What Triggers Your Eating? Adapted from Nash, J. D. 1997. *The New Maximize Your Body Potential*. Palo Alto, Calif: Bull Publishing. Reprinted with permission from Bull Publishing Company.

POSTPROGRAM NUTRITION LOGS

Now that you have analyzed your diet and targeted some changes described in your Behavior Change Contract, you are ready to put your plan into action. Fill out this second nutrition log, again keeping a record of everything you eat for 3 consecutive days. Remember to record all foods and break down each food item into its component parts, listing them separately. Enter the portion sizes you consume in the correct food group column. For example, a turkey sandwich might be listed as follows: whole-wheat bread, 2 oz-equiv of whole grains; turkey, 2 oz-equiv of meat/beans; tomato, $\frac{1}{3}$ cup vegetables; romaine lettuce, $\frac{1}{4}$ cup vegetables; 1 tablespoon mayonnaise dressing, 1 teaspoon oils. Refer to Appendixes B and C in your text and the MyPyramid.gov Web site for additional guidelines. At the bottom of the chart, keep count of the number of servings of whole grains and the number of vegetable subgroups you consume daily (whole grains and vegetable subgroups are described on pp. 54–55).

Postprogram Nutrition Log

DAY 1

Nutrition

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: ____
 Number of vegetable subgroups consumed: ____

Postprogram Nutrition Log

DAY 2

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: ____
 Number of vegetable subgroups consumed: ____

Postprogram Nutrition Log

DAY 3

Nutrition

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: ____
 Number of vegetable subgroups consumed: ____

ASSESSING IMPROVEMENT IN YOUR DAILY DIET

Fill in your recommended MyPyramid intakes from p. 51 and then the daily totals from your 3 days of postprogram food logs. Average your daily totals and compare them to the MyPyramid recommendations and to your preprogram average (from p. 65).

Group	Day 1	Day 2	Day 3	Average of 3 days (postprogram)	Average of 3 days (preprogram)	MyPyramid recommended totals
Grains (oz-eq)						
Whole grains (oz-eq)						
Vegetables (cups)						
# of subgroups						
Fruit (cups)						
Milk (cups)						
Meat/beans (oz-eq)						
Oils (tsp)						
Solid fats (g)						
Added sugars (g/tsp)						

In comparing the results of my postprogram log to the results of my preprogram log, I found that

Completing a Behavior Change Contract and following its steps helped me to

Areas of improvement that I will focus on in the future are

You can use the additional logs that follow (pp. 79–85) to track your diet in the future; for tips on weight management, go to p. 86.

Nutrition Log

Date _____

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: _____
 Number of vegetable subgroups consumed: _____

Nutrition Log

Date _____

Nutrition

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: _____
 Number of vegetable subgroups consumed: _____

Nutrition Log

Date _____

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: _____
 Number of vegetable subgroups consumed: _____

Nutrition Log

Date _____

Nutrition

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: _____
 Number of vegetable subgroups consumed: _____

Nutrition Log

Date _____

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: _____
 Number of vegetable subgroups consumed: _____

Nutrition Log

Date _____

Nutrition

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: _____
 Number of vegetable subgroups consumed: _____

Nutrition Log

Date _____

Food	Grains (oz-eq)	Vegetables (cups)	Fruit (cups)	Milk (cups)	Meat/beans (oz-eq)	Oils (tsp)	Solid fats (g)	Added sugars (g/tsp)
Daily total								

Number of servings of whole grains: _____
 Number of vegetable subgroups consumed: _____

WEIGHT MANAGEMENT

CREATING A WEIGHT MANAGEMENT PROGRAM

Completing the preprogram and postprogram nutrition logs will help you monitor and improve your daily diet. If you decide that your weight or percent body fat is above or below the amount that is appropriate for your size, gender, and age, the information you have gathered with your nutrition logs will be an important part of a weight management program. This section outlines the general steps in a weight management program; in the next section you'll track activity and food choices to identify ways to create a negative energy balance and lose weight.

Follow these steps to develop your weight management program and put it into action:

1. Assess Your Motivation and Commitment

Make sure you are motivated and committed to your plan for weight management before you begin. It is important to understand why you want to change your weight or body composition. You will generally be more successful if your reasons are self-focused, such as wanting to feel good about yourself, rather than connected to others' perceptions of you.

When you understand your reasons for wanting to manage your weight, list them below. Post your list in a prominent place as a reminder.

1. _____
2. _____
3. _____
4. _____

2. Set Goals

After you have chosen a reasonable long-term weight or body-fat percentage goal, break your progress into a series of short-term goals. You can include a small, non-food-related reward like a new CD or a night at the movies for successfully reaching each goal.

Goal	Reward
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

3. Assess Your Current Energy Balance

When your weight is stable, you are burning approximately the same number of calories that you are taking in. In order to lose weight, you must consume fewer calories, burn more calories through physical activity, or both. This will create a negative energy balance that will lead to gradual, moderate weight loss. Strategies for creating a negative energy balance are discussed on page 89 of this journal.

4. Increase Your Level of Physical Activity

You can increase your energy output simply by increasing your routine physical activity, such as walking or taking the stairs. You will increase your energy output even more if you adopt a program of regular exercise like the one described in the first section of this journal.

5. Evaluate Your Diet and Eating Habits

Take another look at the nutrition logs you completed. Are there some high-calorie, low-nutrient foods that stand out? If your increase in physical activity does not result in a negative energy balance that produces weight loss, you may want to make small cuts in your calorie intake by reducing your consumption of these foods.

6. Track Your Physical Activity and Diet

Use the weight management logs to record your daily physical activities and dietary choices. These logs will help you uncover potential calorie savings that will create a negative calorie balance and help you lose weight.

For People Who Want to Gain Weight

If the goal of your weight management program is to increase your weight, you'll need to create a positive energy balance by taking in more calories than you use. The basis of a successful and healthy program for weight gain is a combination of strength training and a high-calorie diet. Strength training will help you add weight as muscle rather than as fat. To increase your calorie consumption, eat more high-carbohydrate foods, including grains, vegetables, and fruits. (Fatty, high-calorie foods may seem like a logical choice for weight gain, but a diet high in fat carries health risks, and your body is likely to convert dietary fat into body fat rather than into muscle.) Avoid skipping meals, add two or three snacks to your daily diet, and consider adding a dietary supplement high in carbohydrates, protein, vitamins, and minerals. As with weight loss, a gradual program of weight gain is the best strategy.

CREATING A NEGATIVE ENERGY BALANCE

A reasonable weight-loss goal is $\frac{1}{2}$ –2 pounds per week. Depending on your individual characteristics, you will need to create a negative energy balance of between 1750 and 7000 calories a week, or 250–1000 calories a day. While this may seem daunting, you already make choices every day that affect your energy balance significantly. Making a few decisions each day with your energy balance in mind can add up to a successful weight management program.

First, review the sample weight management log on the next page that shows the daily activities of Elizabeth, a hypothetical 21-year-old student weighing 130 pounds. As she goes through her day, she has many opportunities to make choices that will affect her energy balance. In the real world, you will be more likely to make one or two choices each day that decrease the number of calories you take in or increase the number of calories you expend. The key is to be aware of your opportunities to affect your energy balance and to make healthy choices as often as possible without making yourself feel deprived.

After you have reviewed this example, record and assess your own daily choices using the blank weight management logs that follow. Fill in your activities and your meals and snacks, and then think about alternatives you could have chosen. What would the potential calorie savings have been if you had made these choices? To calculate the calories you expended in physical activity, consult the table of common sports and fitness activities on page 90 of this journal, information in your text, and materials on energy balance in the report from the Surgeon General on physical activity and the Surgeon General's Call to Action on obesity (available online at www.surgeongeneral.gov). To calculate calories saved by making a healthier food choice, use information in your text, the fast food data available at the back of this journal, and the USDA online nutrient database (www.nal.usda.gov/fnic/foodcomp/search).

CALORIE COSTS FOR COMMON SPORTS AND FITNESS ACTIVITIES

When you change your energy balance by participating in an activity that expends calories, how do you calculate how many calories you have actually spent? Calorie costs are given here for 10 common activities; use these as benchmarks for calculating the calorie costs of other activities.

Multiply the number in the appropriate column (moderate or vigorous) by your body weight and then by the number of minutes you exercise. (If you participate in your activity at a level between moderate and vigorous, use a number between the two values.) For example, if you weigh 150 pounds and play tennis vigorously for 45 minutes, multiply .071 (value) by 150 (weight) and then by 45 (time) for a result of 479 calories expended.

<i>Activity</i>	Approximate Calorie Cost	
	<i>Moderate</i>	<i>Vigorous</i>
Aerobic dance	.046	.062
Basketball (half court)	.045	.071
Bicycling	.049	.071
Hiking	.051	.073
Jogging and running	.060	.104
Racquetball (skilled, singles)	.049	.078
Skating (ice, roller, and in-line)	.049	.095
Swimming	.032	.088
Tennis (skilled, singles)	—	.071
Walking	.029	.048

Sample Daily Weight Management Log

Activity/Meal or Snack	Healthier Choice (describe)	Approximate Calorie Savings
Friday morning, Elizabeth eats breakfast: a croissant and a cup of coffee with cream.	Friday morning, Elizabeth eats breakfast: a bowl of whole-grain cereal, a glass of orange juice, and a cup of coffee. She uses most of a glass of skim milk for her cereal and puts the rest in her coffee.	81
Elizabeth drives to campus.	Elizabeth walks 15 minutes to campus.	57
After class, Elizabeth visits her friend's dorm, where they watch the noon soap opera for an hour.	After class, Elizabeth meets her friend for a 25-minute jog.	195
For lunch, Elizabeth eats 2 slices of leftover pepperoni pizza and drinks a soda.	After their jog, they have lunch at the dorm; each has a turkey sandwich, an apple, and iced tea.	231
Elizabeth goes to her afternoon class. She wants a snack, so she buys a candy bar from the vending machine.	Elizabeth goes to her afternoon class. She wants a snack, so she buys a nonfat yogurt with fruit in the student union.	142
Elizabeth drives home.	Elizabeth walks 15 minutes home.	57
Elizabeth studies until her roommates get home.	Elizabeth studies until her roommates get home.	—
Elizabeth and her roommates decide to stop for fast food on the way to the movies. Elizabeth orders a cheeseburger, large french fries, and a small chocolate shake.	Elizabeth and her roommates decide to stop for fast food on the way to the movies. Elizabeth orders a hamburger, a green salad with carrots and fat-free dressing, and a small chocolate shake.	389
At the movies, Elizabeth shares a bag of buttered popcorn with her friend.	At the movies, Elizabeth shares a bag of air-popped popcorn with her friend.	64

Daily Weight Management Log

Activity/Meal or Snack	Healthier Choice (describe)	Approximate Calorie Savings

Daily Weight Management Log

Activity/Meal or Snack	Healthier Choice (describe)	Approximate Calorie Savings

Daily Weight Management Log

Activity/Meal or Snack	Healthier Choice (describe)	Approximate Calorie Savings

Daily Weight Management Log

Activity/Meal or Snack	Healthier Choice (describe)	Approximate Calorie Savings

Nutritional Content of Popular Items from Fast-Food Restaurants

Although most foods served at fast-food restaurants are high in calories, fat, saturated fat, cholesterol, sodium, and sugar, some items are healthier than others. If you eat at fast-food restaurants, knowing the nutritional content of various items can help you make better choices. Fast-food restaurants provide nutritional information both online and in print brochures available at most restaurant locations. To learn more about the items you order, visit the restaurant Web sites:

Arby's: www.arbysrestaurant.com

Burger King: www.burgerking.com

Domino's Pizza: www.dominos.com

Hardees: www.hardees.com

KFC: www.kfc.com

McDonald's: www.mcdonalds.com

Subway: www.subway.com

Taco Bell: www.tacobell.com

Wendy's: www.wendys.com

White Castle: www.whitecastle.com

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES