

Food Diary Score Sheet

Number of days filled in: _____

Name: _____ Date: _____

Tally up total # servings, all days. Divide # of servings by # of days filled in, to get average # servings per day. Compare to goals. Make a plan!

Category	Total # servings	Avg # per day	Goal # servings	Plan
Veg, whole/raw (~carrot stix, salad, etc)				
Veg, processed/cooked or juice (~stir-fry, V-8, etc)				
Fruit, whole/raw (~apple, banana, berries, fruit salad, etc)				
Fruit, processed/cooked or juice (~applesauce, OJ, etc)				
Starch, complex (~wholegrain bread, brown rice, oats, etc)				
Starch, simple (~white flour product, pasta, ramen, etc)				
Protein, animal (~meat, poultry, egg, etc)				
Dairy, animal (~milk, cheese, yogurt, half-and-half, etc)				
Protein/dairy, veg (~soymilk, tofu, peanut butter, etc)				
Oil/butter/marg/mayo/salad dressing/whip cream				
Sugar/honey/jam/syrup/ketchup				
Caffeine, alcohol				

Sample daily goal #servings, for avg weight:

2 veg whole/raw	2 fruit processed/cooked or juice	2 protein animal	3 oil/butter/marg
3 veg processed/cooked or juice	5 starch complex	3 dairy animal	1 sugar/honey/jam/syrup
2 fruit whole/raw	1 starch simple	5 protein/dairy veg	1-2 alcohol and caffeine, max

Sample daily goal #servings, for weight loss or diabetes (type 2):

4 veg whole/raw	1 fruit processed/cooked or juice	2 protein animal	3 oil/butter/marg
4 veg processed/cooked or juice	4 starch complex	3 dairy animal	1 sugar/honey/jam/syrup
2 fruit whole/raw	0 starch simple	5 protein/dairy veg	1-2 alcohol and caffeine, max

How much is 1 serving?

Veg = 1/2 c sliced/chopped; 1 c salad; 1 c juice
Fruit = 1 piece; 1 c berries; 1/2 c cooked or juice
Starch = 1 piece bread/tortilla/rice cake/pita; 1/2 bagel/english muffin; 4 crackers, 1/2 c cooked (pasta, rice, beans, oatmeal), 1 whole potato or small cob corn, 1/2 cup cooked starchy veg (potato, corn, yam, winter squash)

Protein, animal = 1 piece meat/chicken/fish the size of a deck of playing cards; 1/2 c cooked (shredded/crumbled); 1 lg egg
Protein, veg = 1 piece tofu/tempeh/fake meat the size of a deck of playing cards; 1/2 c cooked (shredded/crumbled); 2 Tb peanut butter

Dairy = 1 c cow or soy milk/yogurt; 1/2 c cottage cheese, 1 slice of cheese smaller than your palm or a thumb-sized chunk
Oil/butter/marg: Marble-sized (1 tsp)
Dressing/cream cheese/mayo: Walnut-sized (1 Tb)
Alcohol/caffeine: 12 oz, 1 shot, tall/small coffee