**ONE DAY OAK GROVE Food and Activity Journal** Find out more about the USDA's nutritional guidelines at choosemyplate.gov

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| DATE of my ONE Day Food Journal: Please fill in exactly what you ate and drank on that ONE day, Be Specific!  Read labels on pre-packaged foods to learn about its nutritional content. Baked, broiled or grilled lean proteins are great but try to limit any fried foods. Limit your intake of any food that does not fit into any of the five food groups. Always try to avoid high fructose corn syrup, hydrogenated oils, processed foods, and artificial colors and flavors. | | | | | | |
| Meal | **Grains** | **Fruits** | **Vegetables** | **Dairy** | **Proteins** | **Drinks/Other** |
| Healthy Tips | Eat cereals, breads, and pastas that are high in fiber and whole grains but low in sugar (3 grams or less). | Make most choices fresh fruit. | Color your plate with all kinds of great tasting veggies. Especially with Dark Green! | Choose fat-free or low fat most often. Soy milk, almond milk, hard cheeses. | Vary your choices—Chicken, Turkey, Fish, Lean Meats, Beans, Peas, Nuts, Tofu, and Seeds. | Water!!!!!  Go easy on juice and make sure it is 100% fruit. |
| Daily Food  Goal | **6 ounce equivalents**  1 ounce equivalent is about:  1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal. Make at least half of your grains whole grains. | **1½ cups or 2-3 servings.**  Apples, berries, pineapples, grapes, bananas and all other fresh fruits make great snacks. | **2½ cups or 2-3 servings.**  Go dark green with broccoli, kale and spinach or try orange ones like carrots and sweet potatoes. | **3 cups**  1 cup yogurt or 1½ oz cheese = 1 cup milk.  Low fat Greek or regular plain yogurt with fruit or honey is a great choice. | **5 ounce equivalents**  a 1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg,  1 Tablespoon of peanut butter or almond butter, ½ ounce nuts, or ¼ cup dry beans. | **At least 8, eight ounce glasses of water.**  Less juice and more water. Avoid Soda or Sugar filled drinks.  Avoid cookies, candy, and “junk foods”. |
| Breakfast |  |  |  |  |  |  |
| A.M.  Snack |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |
| P.M. Snack |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |
| Physical Activities | Participate in at least **60 minutes** of moderate to vigorous activity a day to lead a healthy lifestyle. Exercise provides strength, flexibility and heart health. | | **List type(s) of physical activities performed today:**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **List the total time of the activities performed today:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | |

List one NEW healthy food you tried this week:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Did you like it? \_\_\_\_\_\_\_\_\_\_\_\_ Why or Why Not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your food journal is full of great suggestions and ideas and you're encouraged to eat healthy foods and to be active - but never try a food you are allergic to.

Check out the FDA's articles on Nutrition Labels at <http://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm20026097.htm>