

Food Patterns

Protein Servings - 7gms of protein/ One Serving

Beef (ground, reg)	1oz	Fish (fresh or frozen)	1 oz
Cottage Cheese	¼ cup	Ham	1 oz
Cheese American	1 oz	Lamb	1 oz
Chicken, turkey (light meat, no skin)	1 oz	Peanut Butter	1 tbsp
Egg	1	Steak	1oz
		Veal	1oz

Vegetables Servings

Asparagus (cooked)	½ cup	Mushrooms (cooked)	½ cup
Broccoli (raw)	1 cup	Onions (cooked)	½ cup
Cabbage	½ cup	Peppers (green, cooked)	½ cup
Carrots (raw)	¾ cup	Spinach (cooked)	½ cup
Cauliflower (raw)	1 cup	Tomatoes (raw)	1 cup
Eggplant (cooked)	½ cup	Zucchini (cooked)	½ cup

Carbohydrates Servings- 15gms of CHO/ One Serving

Beans (garbanzo, baked, white, kidney, black)	½ cup	English Muffin	½
Bread (whole- wheat & whole grain)	1 slice	Pancakes	1 small
Cereal (40% bran flakes)	½ cup	Peas (garden, frozen)	½ cup
Cereal (corn flakes)	¾ cup	Potato (baked, skin)	2oz
Cereal (oatmeal)	½ cup	Rice (white, brown, and Bulgur)	½ cup
Corn (frozen)	½ cup	Spaghetti (cooked, firm)	½ cup
Crackers (graham,	3	tortillas (corn)	1
Pasta (cooked)	½ cup	Bagel	¼
Granola	½ oz	Doughnut plain	1/3
Fruit-		French Fries	5
Apple	1 small	Grapes	15
Banana	½ banana	Juice (orange)	½ cup
Blueberries	¾ cup	Orange	1 small
Cantaloupe	1/3 cup	Peach (raw)	1 med
Cherries (raw)	12	Pear (raw)	½ large
Grapefruit (raw)	½	Pineapple (raw)	¾ cup
Sweet potato	1/3	V8	¾ cup
Milk-		Milk (2%)	¾ cup
Milk (1% skimmed)	½ cup	Yogurt (nonfat)	8 oz
Milk (whole)	2/3 cup		
Yogurt (whole)	6 oz		
Others-			
Barbeque Sauce/ ketchup	2 tbsp	Pretzels	½ oz
Candy bar	¼	Sugar	2 tsp
Cake	1/3	Syrup pancake	2 tsp
Cookie	1 small	Teriyaki Sauce	1 tbsp
Ice cream	¼ cup	Wine	4oz
Jelly	2 tbsp	Beer Light (½ bottle)	6 oz
Potato chips	½ oz	Beer Regular	4 oz

Fats- 1.5 gms of fat/ One Serving

Almonds	6	Olives	10
Bacon	1 slice	Peanuts	10
Butter	1 tsp	Pecans/ Walnuts	2
Cashews	1 tbsp	Salad dressing	1 tbsp
Margarine/ Mayonnaise	1 tsp	(reduced calorie)	
Oil (unsaturated)	1 tsp	Cream Cheese	1tsp
Canola, olive, and soybean		Cream Cheese light	1 tbsp
Sour Cream	½ tbsp	Sour Cream Light	1 tbsp

How to use the Fit Journal

1. Set small GOALS!
2. Write down everything you put into your mouth. Use the *Food Pattern Sheet* to guide you to the amount in grams of carbs, fat, and protein. 2nd way- Instead of using grams, use servings from *Food Pattern Sheet*. At the end of the day add total servings from each food group and evaluate it on the *Calorie Level Guide* to help find the approximate calories you consumed. *See example at bottom.*
3. See your dietitian for your calorie level.
4. In notes: write down how you are feeling. Example: “while eating lunch I felt rushed and anxious.”
5. On the bottom of each Daily Food Log there are boxes. You can use the boxes to check off when you had a serving of vegetables and water.

Calorie Level Guide

Food Groups	1200 cal.	1500 cal.	1700 cal.	2000 cal.	2300 cal.
Protein	6	6	6	8	10
Carbs	6	8	7	12	12
Fruits	2	2	4	5	5
Fat	2	3	3	4	6

Example:

Daily Food Log

Breakfast

½ Bagel (1 carb) with 1 tbsp cream cheese (1 fat)
 4 oz orange juice (1 carb)
 1 cup coffee
 1 patty turkey sausage (1 protein

Time

8:00 am

Calories

Carbs 2
 Fat 1
 Protein 1

Lunch

2 oz Turkey breast (2 proteins) 2slices of bread (2 carb)
 1 tbsp mayonnaise (1 fat) 1 tbsp mustard.
 1 small apple (1 carb)
 4 oz bag of lays Barbeque chips(8 carbs)

Time

11:30 am

Calories

Carbs 11
 Fat 1
 Protein 2

Dinner

½ cup pasta (1 carb) 1 tsp butter (1 fat)
 ¼ Tomato sauce with 2 oz ground turkey (2 protein)
 ½ green beans
 8 oz diet soda

Time

6:00

Calories

Carbs 1
 Fat 1
 Protein 2

Look at *Calorie Level Guide* from above to determine approximately calorie level per day.

Totals 2200
 Carbs 14
 Fat 3
 Protein 5

