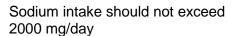
The example here is a typical day of eating for me. Use the sheets below to help you write your eating journal out for three days.

Do you know how to read a nutritional label?

Here are the first things you should know:

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





Here is a typical nutritional label. The calories are for one serving (1 cup).

Total calories: *250

Fat $12g \times 9 = 108$ calories CHO $31g \times 4 = 124$ calories Protein $5g \times 4 = 20$ calories

Sugars = 5g Sodium 210 mg

*The totals of the macro nutrients 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



Need some help? Let's have a chat (3)

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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: 3/C frozen blueberries 2C fresh spinach One scoop Protein powder	80 20	0	19 3	1 2	10 80	13 0
(Isagenix) 2 cups water Coffee	118.5	2.5	12	12	85	5.5
	218.5	2.5g	34g	15g	175	18.5g
SNACK: 3 tbsp. hummus Beet crackers	90	6	6	3	65	0
(16 crackers) Coffee	135	7	16	2	50	1
	225	13g	22g	5g	115	1g
LUNCH: Multi-grain bun One tsp mustard	205 0	5	34	6	410	2
½ tbsp. mayonnaise	20	2	.5	0	40	0
½ C roast chicken ½ C fresh spinach ½ tomato	176 5 16	0	0 .7 3	35 .5 1	84 20 4	0 0 2
1oz cheddar cheese	109	9	0	7	230	0
	531	20g	38.2g	49.5g	788	4g
SNACK: Four dried prunes	100	0	24	1	0	15
	100		24g	1g		15g
DINNER:						
½ lb teriyaki salmon	230	6	10	34	0	3
3/4 C white sushi rice spinach salad	177 48	0	39 9	3 3	5	0
1 piece dark chocolate	59	4	5	.75	9	4.5
	514	11g	63g	40.75g	14	7.5g
TOTALS: Total percentage	1588.5 cals	46.5g x9 418.5g 1588.5	181.2g x4 724.8g 1588.5	111.25g x4 <u>445g</u> 1588.5		
of calories 46g		26%	46%		1092	mg

	TOTAL CALORIES	FAT (g)	CHO (g)	PROTEIN (g)	Sodium (mg) < 2000 mg per day	Sugars (g) Approx. 25g per day		TOTAL CALORIES	FAT (g)	CHO (g)	PROTEIN (g)	Sodium (mg) < 2000 mg per day	Sugars (g) Approx. 25g per day
BREAKFAST:							BREAKFAST:						
SNACK:							SNACK:						
LUNCH:							LUNCH:						
LUNCH:							LUNCH:						
SNACK:							SNACK:						
DINNER:							DINNER:						
TOTALS:	cals	g		g (9	<u> </u>	TOTALS:	cals	<u> </u>	٩	<u> </u> J 9	 	<u> </u>
	23.0	x9	X	4 x	4			3410	x9	x 4	k x4	ı	
Total percentage	of calories	g		9	d		Total perc	entage of calc	g ories		gg	1	

Total percentage of calories

Total percentage of calories

	TOTAL CALORIES	FAT (g)	CHO (g)	PROTEIN (g)	Sodium (mg) < 2000 mg per day	Sugars (g) Approx. 25g per day		TOTAL CALORIES	FAT (g)	CHO (g)	PROTEIN (g)	Sodium (mg) < 2000 mg per day	Sugars (g) Approx. 25g per day
BREAKFAST:							BREAKFAST:						
SNACK:							SNACK:						
LUNCH:							LUNCH:						
SNACK:							SNACK:						
SNACK:							SNACK:						
DINNER:							DINNER:						
TOTALS:	cals	g x9 g	X	9 9 4 x			TOTALS:	cals	s g x9 g	x4			

Total percentage of calories

Total percentage of calories