



Daily Food Diary



This tool is intended to help you to keep track of what you eat each day, and to guide you toward making smart food choices based on the latest nutritional information. This tool is based on guidelines from the U.S. Department of Agriculture. To learn more, visit <https://www.choosemyplate.gov/>

Note: Individual recommended daily caloric intakes vary based on individual factors. To view the guidelines from the U.S. Department of Agriculture and calculate your own target calorie count, visit:

<https://www.choosemyplate.gov/online-tools>

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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Date: 9/18

| List all the foods you chose today: | |
|--|---|
| Time | Food |
| 8 am | Oatmeal |
| | Milk |
| | Brown sugar |
| | Decaf |
| | |
| 10 am | Apple |
| | |
| Noon | Tuna salad sandwich on Wheat, chips, diet coke |
| | |
| 3 pm | Snickers bar |
| | |
| 6:30 pm | Chicken breast |
| | Broccoli |
| | Baked potato |
| | Butter |
| | |
| 9:30 pm | Frozen yogurt |
| | |
| How did you do today? <input type="checkbox"/> Great <input checked="" type="checkbox"/> So-So <input type="checkbox"/> Not so Great | |

| Food group | Daily goal (based on 2,000 calories/day*) | From your list at left, place each food choice into its food group | Estimate your total for the day |
|--|--|--|---------------------------------|
| Grains <i>Make at least half of your grains whole grains</i> | 6 ounce equivalents (1 ounce equivalent = 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal) | Oatmeal (1.5 cups) Wheat bread (2 slices) | 5 ounce equivalents |
| Vegetables <i>Eat a mix of different colored vegetables daily</i> | 2 ½ cups | Lettuce on sandwich Broccoli Potato | 3 cups |
| Fruits <i>Choose fruit instead of juice whenever possible</i> | 2 cups | Apple | 1.5 cups |
| Milk <i>Choose fat-free or low-fat most often</i> | 3 cups (1 ½ ounces of cheese = 1 cup milk) | Milk Frozen yogurt | 3 cups |
| Meat & beans <i>Choose lean meat and poultry, and eat a variety including fish, beans, nuts, and seeds</i> | 5 ½ ounce equivalents (1 ounce equivalent = 1 ounce meat, poultry or fish, 1 egg, 1T peanut butter) | Tuna Chicken breast | 4.5 ounce equivalents |
| Thoughts about today: <u>I was really trying to cut back on snacking and to get a few healthy things into my diet today. Besides the Snickers bar I did well but was hungry most of the day.</u> | | | |
| My food goal for tomorrow is: <u>Substitute fruit for candy!</u> | | | |