

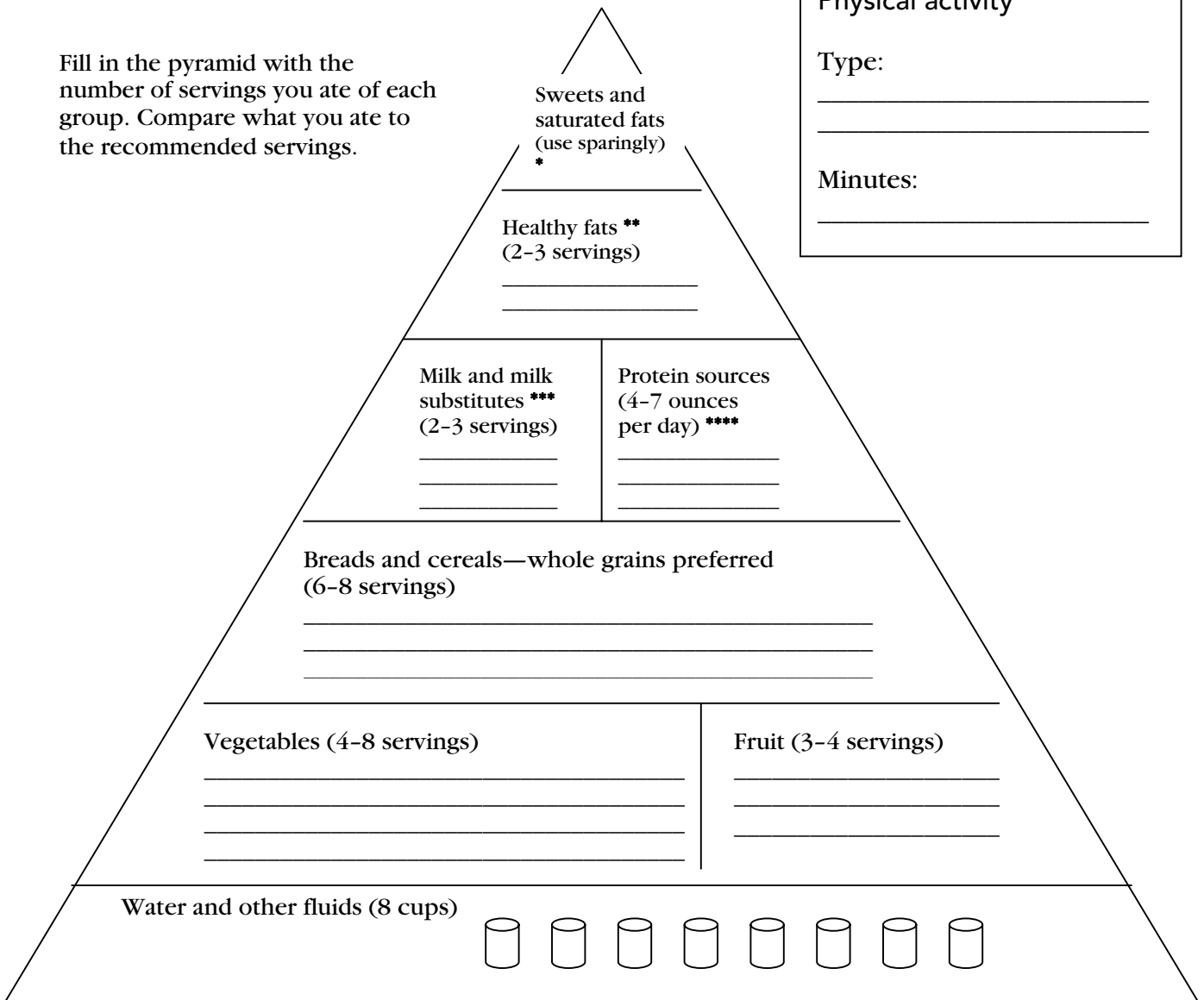
Weight management food pyramid diary

Date: _____

Fill in the pyramid with the number of servings you ate of each group. Compare what you ate to the recommended servings.

Physical activity
Type:

Minutes:



* Limit sugar, soda, sweetened drinks, candy, cookies, donuts, sweet rolls, cakes, pies, ice cream, syrups, and chips to fewer than 75 calories per day. Limit high-fat meats, poultry skin, egg yolks, cream, butter, and regular cheese. Avoid partially hydrogenated, palm, and coconut oils, and foods fried in them (most fried fast foods).

** Use healthier fats like avocado, nuts, and olive, canola, peanut, sunflower, and flaxseed oils in moderation—taking care to avoid excess calories. Corn, safflower, sesame, and soybean oils also can be used.

*** Choose fat-free or 1 percent, if possible.

**** A suggested food pyramid serving size is two to three ounces. Seafood is recommended twice a week, especially albacore tuna, salmon, herring, lake trout, and sardines. Legumes (dried beans, split peas, lentils) are recommended twice a week. Choose lean meats. Limit liver and other organ meats, ground meat, marbled steaks, and high-fat processed meats like bacon, sausage, salami, and bologna.