

# Food and Exercise Diary

Date: \_\_\_\_\_

Meal	Food/Beverage	Amount	Food Group	Physical Activity/ Exercise
<b>Breakfast</b>	bran flakes banana milk toast light margarine orange juice coffee, regular	1 cup 1 small ½ cup 1 slice 1 teaspoon ½ cup 1 cup	CHO* CHO CHO CHO fat CHO free	Walked for 30 minutes before breakfast.
<b>Lunch</b>	whole wheat bread lean roast beef lettuce tomato mayonnaise (low calorie) apple water	2 slices 2 ounces 1 leaf 3 medium slices 2 teaspoons  1 medium 8 ounces	CHO protein vegetable vegetable fat  CHO free	
<b>Dinner</b>	salmon, broiled vegetable oil potato, baked margarine green beans (with margarine) carrots dinner roll, white	3 ounces 1 ½ teaspoons ½ medium 1 teaspoon ½ cup  ½ cup 1 medium	protein fat CHO fat vegetable  vegetable CHO	
<b>Snacks</b>	popcorn margarine	2 ½ cups ½ teaspoon	CHO fat	Watched movies.