



Food Journal

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How To Keep A Food Journal

Make Counting Veggies/Fruits Easy

Tabulating all the different food items in your meals and snacks can be a BIG pain. Make your life easier by counting a cup of veggies as 50 calories, and a cup worth of fruit as 100 calories. Just watch out for avacado, which is a vegetable but very high in (healthy) fat, which means it has a lot of calories!

Portion Size Reference

Here are a list of portion sizes so you can eyeball them:

- 3 oz. of meat is as big as a deck of cards, or a blackberry
- 1 ounces of cheese is about size of your thumb
- 1 cup is equal to the size of a baseball
- A teaspoon is the tip of the thumb to the first joint
- A tablespoon is three thumb tips

Use NutritionData.com For Calorie Reference

If you can't find the calorie information for foods that you want to eat, check out NutritionData.com. You can search for just about any food that you want to eat. Just pay attention to serving sizes when viewing calorie content.

How to Calculate Calorie % Breakdown for the Day

For your reference, 1 gram of protein has 4 calories, 1 gram of carbohydrates has 4 calories, and 1 gram of fat has 9 calories. Another quick tip, 1 gram of fiber is equal to 1 gram of carbs, but it has no calories. So foods that are high in fiber will be less in calories than you would expect. One more thing, it's ok if your calorie breakdown percentages aren't perfect, you're just trying to get a sense of your macronutrient balance.

NOTE: The following page is a SAMPLE Food Journal for a 140 pound woman who is looking to lose 20 pounds by eating roughly 1400 calories each day. She's looking for moderate carb, moderate fat, higher protein intake, which is reflected in the calorie % breakdown.



Sample Daily Food Journal

Date: 6/16/10 Mon Tue **Wed** Thu Fri Sat Sun (circle)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Totals	2337	90	247	40
Calorie % Breakdown	100%	20%	42%	32%

Qty	Measure	Food	Calories	Protein(g)	Carbs(g)	Fat(g)
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Breakfast

4	whole	Egg whites	80	30	0	0
1	slice	whole wheat toast	110	4	24	1
1	medium	orange	60	0	14	0
Totals:			250	34	39	1

Lunch

4	ounces	grilled Chicken Breast	180	37	0	3
2	Cups	Lettuce with veggies	60	0	12	0
1/2	Cup	Brown Rice	108	3	22	1
2	tblsp.	wicklowe vinaigrette	60	0	3	4
Totals:			408	40	37	8

Dinner

6	ounces	Salmon	382	34	0	13
2	Spears	Asparagus	24	0	6	0
1	medium	Sweet Potato	100	2	24	0
Totals:			506	36	30	13

Snacks

1	Handful	Almonds	162	6	6	14
1	Bar	Swishers Bar	271	4	34	14
Totals:			433	10	41	28

Check 8 Ounce Glasses of Water



Day in Review

I was very happy I ate wholesome, natural foods today, I kept my portions small, and overall my energy levels were really high. I was upset after I ate that swishers bar. I was stressed from work, need to be aware next time!

How Did I Do Today?

Excellent **Great** Ok Not Good Very Bad (circle)



Daily Food Journal

Date: Mon Tue Wed Thu Fri Sat Sun (circle)

	Calories	Protein (g)	Carbs (g)	Fat (g)
Daily Totals				
Calorie % Breakdown				

Qty	Measure	Food	Calories	Protein(g)	Carbs(g)	Fat(g)
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Breakfast

Totals:						

Lunch

Totals:						

Dinner

Totals:						

Snacks

Totals:						

Check 8 Ounce Glasses of Water



Day In Review

How Did I Do Today?

Excellent Great Ok Not Good Very Bad (circle)



About Anibal Lopez

Anibal Lopez is an American body builder and the winner of many prestigious awards, including WBBG Pro Mr. America. He was born in Puerto Rico to Francisco and Francisca Lopez where he first took interest in strength training and bodybuilding. When his family relocated to Bronx, New York in 1954 he was able to take his bodybuilding career to the next level.

Anibal currently resides in Deltona, Florida where he offers one-on-one personal training for the community. He also travels on a limited basis to do presentations for health education and spiritual development.



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