



FOOD DIARY

Food Diary for :

	What you ate (include portion size)	Where	How you felt (tired, energetic, happy, depressed)	Activity (work, TV, etc.)
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				
1:00				
2:00				
3:00				
4:00				
5:00				
6:00				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				



Portion Size Visual Comparisons

Here are some helpful guidelines by which we can evaluate and estimate your current portion sizes. By being able to visualize and estimate your portion sizes, you will be able to estimate your caloric intake in correspondence to the nutritional label.

- A teaspoon of margarine is equivalent to the tip of a thumb to the first joint
- Three ounces of meat is the size of a deck of cards
- One cup of pasta is the size of a tennis ball
- One bagel is the size of a hockey puck
- An ounce and a half of cheese is the size of three dominoes
- Two tablespoons of peanut butter is the size of a ping pong ball
- One-half cup of vegetables is the size of a light bulb