



# food journal

Date \_\_\_\_\_

Time	Food	Amount

## Your Recommended Daily Food Servings

- Vegetables  (at least 5 servings)
- Fruits  (at least 3 servings)
- Grains  (3-6 servings)
- Dairy  (2-3 servings)
- Protein  (5-7 ounce equivalents)
- Oils & Fats  (5-8 servings)
- Treats  (0-2 50 calorie servings)
- Water  (8 servings)
- Physical Activity \_\_\_\_\_ minutes

Please refer to the Serving Size Guide at [gelsons.com/table/nn/index.asp](http://gelsons.com/table/nn/index.asp).

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# DASH Diet Worksheet

Use this worksheet to record what you eat and tally the servings you eat from each food group.

Date _____ Physical Activity Minutes _____	Amount (Serving Size)	Sodium (mg)	Whole Grains	Veggies	Fruits	Dairy Products	Fish, Poultry & Meats	Nuts, Seeds & Dry Beans	Fats & Oils	Sweets
Breakfast _____ _____ _____ _____										
Mid-Morning Snack _____ _____										
Lunch _____ _____ _____ _____ _____										
Afternoon Snack _____ _____										
Dinner _____ _____ _____ _____ _____										
Day's Total										

## SERVING SIZE GUIDE

Food Category	Serving Unit	Examples	Serving Size Equivalents
Vegetables	½ cup	Cooked or raw vegetables	½ cup
		Carrots	6 baby, 1 medium
		Avocado	⅛ small
		Raw salad leaves & greens (except cabbage)	1 cup
Fruit	½ cup	Whole apple, pear, peach, orange, banana	1 small (tennis ball size)
		Plums, apricots	1 large
		Grapes	16 seedless
		Cut fruit	½ cup
		Dried fruit	¼ cup
		100% Fruit juice	3 ounces
Grains & Starches	1 ounce	Cooked rice, pasta, cereal, quinoa, barley, cornmeal, oatmeal	½ cup
		Bread, tortilla, buns, English muffin	1 small slice or piece (28 grams), ½ bun
		Dry ready-to-eat cereal, granola	28 grams (usually ¼-1 cup)
		Bagel	1 mini, ¼ large
		Crackers	1 ounce
		Potato	1 small, 1 cup mashed, 20 French fries
		Corn	8-inch ear, 1 cup
Dairy	1 cup	Milk, yogurt	1 cup (8 fluid ounces)
		Cheese	1 ½ ounces
Protein	1 ounce	Chicken, fish, meat	1 ounce
		Eggs	1 item
		Dry beans, legumes, peas (including tofu & edamame)	¼ cup cooked or ½ cup bean soup
		Nuts, seeds	½ ounce (about 2 tablespoons)
		Nut butters	1 tablespoon
Oils & Fats	1 teaspoon	Liquid oils, butter, mayo	1 teaspoon
		Salad dressing	1 tablespoon
		Avocado	¼ small
		Olives	8 large
		Nuts, seeds	⅓ ounce
		Nut butters	½ tablespoon
Treats	50 calories	Soft drink, soda, juice	4 ounces
		Sugar, honey, jam	1 tablespoon
		Cookies	2 medium
		Chips	5-10 chips
		Muffin	½ small (1 ounce)
		80% lean ground beef	2½ ounces cooked
		Beef or pork sausage	1 ounce
		2% milk	9 ounces
		Whole milk	6 ounces
		Cream cheese, whipped cream	1 tablespoon
		Full-fat cheese	¾ ounce
		Butter	1½ teaspoons
		Fruited low fat yogurt	½ cup
Ice cream	¼ cup		
Water	1 cup	Water, unsweetened tea or coffee	8 fluid ounces