

#### **Lifestyle Management Form 5.3**

## 24-Hour Recall/Usual Diet Form

DateDay of the Week							
	Amount from Each Group						
Food and Drink Consumed	Dairy/Non Dairy	Meat/ Alternatives	Fruit	Veggie	Grain	Oil	Disca
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TOTALS	1				1		
MyPlate Recommendations for 2000 Calories <sup>b</sup>		5 ½ OZ	2 c	2 ½ c	6 oz <sup>c</sup>	6 tsp	≤ 267 calories
EVALUATION:	A	L	L	L	L	L	L

<sup>&</sup>lt;sup>a</sup>Discretionary calories

<sup>&</sup>lt;sup>b</sup>These are approximations for a general evaluation of food intake for an adult. Exact amounts of food groups vary according to gender, age, and activity level. See www.mypyramid.gov for a customized food guide.

<sup>&</sup>lt;sup>c</sup>At least 3 servings of whole grains should be eaten each day.

<sup>&</sup>lt;sup>d</sup>Evaluation: **L** = low **A** = adequate **E** = excessive



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# Food Group Serving Sizes

### Serving Sizes and MyPyramid Recommendations

#### **BREADS, CEREALS, AND OTHER GRAIN PRODUCTS**

What counts as 1 ounce of grains?

1 slice bread ½ c cooked cereal, rice, or pasta

1 c ready-to-eat cereal

½ bun, bagel, or English muffin 1 small roll, biscuit, or muffin 3 to 4 small or 2 large crackers

#### **VEGETABLES**

What counts as 1 cup of vegetables?

1 cup of raw or cooked vegetables or vegetable juice

2 cups of raw leafy greens

1 cup cooked dry beans and peas (such as pinto beans or split peas)

1 cup tofu

1 medium baked potato, 20 French fries

#### **FRUITS**

What counts as 1 cup of fruit?

1 cup of fruit or 100% fruit juice

½ cup of dried fruit

1 large banana, orange, peach

1 small apple

1 medium pear, grapefruit 32 seedless grapes

#### MEAT, POULTRY, FISH, AND ALTERNATES

What counts as 1 ounce of meat or meat equivalent?

1 ounce of meat, poultry or fish

1/4 cup cooked dry beans, 1 falafel

patty (2 1/4", 4 oz)

1 egg

12 Tbsp. hummus

1 tablespoon of peanut butter

½ ounce of nuts or seeds (12 almonds.

24 pistachios, 7 walnut halves)

1/4 cup (about 2 ounces) of tofu,

1 oz tempeh, cooked

#### MILK, YOGURT, AND, CHEESE

What counts as 1 cup of milk?

1 c milk or yogurt  $1/_3$  c shredded cheese 2 oz process cheese food 2 slices Swiss cheese

1½ oz cheese

#### OII S

What counts as 1 teaspoon of oil?

1 teaspoon vegetable oil (soy, corn, peanut, and sesame)

1¼ teaspoon mayonnaise

1 tablespoon mayonnaise type dressing,

Italian dressing 8 large canned olives

#### FATS, SWEETS, AND ALCOHOLIC BEVERAGES

- Foods high in fat include margarine, salad dressing, oils, mayonnaise, sour cream, cream cheese, butter, gravy, sauces, potato chips, chocolate bars.
- Foods high in sugar include cakes, pies, cookies, doughnuts, sweet rolls, candy, soft drinks, fruit drinks, jelly, syrup, gelatin, desserts, sugar, and honey.
- Alcoholic beverages include wine, beer, and liquor.