**How to Fill in This Journal**

* Include:
  + How much food you ate. See the suggestions below to estimate portion sizes. If the food comes in a package, just write down the package size. Example: 175 mL container of yogurt.
  + Include the time the meal or snack was eaten
  + How the food is cooked (for example: fried, baked, boiled, barbecued)
  + Anything you add to food, during or after cooking. Example: cream, sugar, oil, butter, jam, syrup, ketchup or other sauces, dressings or condiments.
  + Details about restaurant foods, fast foods, or packaged foods (for example: McDonald’s Big Mac® or KFC® chicken).
* Measure the food you eat for a day or two to help you understand how much you eat and drink. Use measuring cups and spoons.
* Write down all your **activities** for the day. Include planned activities (going for a walk or swim) and activities of daily life (housework or grocery shopping). Comments may include where you ate, your mood, or stress level.
* Use more paper if you need to or photocopy the other side of this handout.
* Read over your journals to see what is working well and what you may want to change.
* Keep on tracking. Use this tool to help you meet your goals, or to make new goals

To estimate portion sizes, use the guidelines below:

This amount of food:

2½ oz (75g) of meat

1½ oz (50 g) of cheese

1 cup (250 mL)

½ cup (125 mL)

1 medium piece of fruit

2 Tbsp (30 mL)

¼ cup (60 mL)

1 tsp (5 mL) – use for butter, margarine, mayonnaise

…is about the same size as:

a hockey puck

2 white erasers

a baseball or fist

a hockey puck

a tennis ball

1 golf ball

2 golf balls

a thumb tip or one die

Example of how to fill in your food journal

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| --- | --- | --- |
| **Meal** | **Day 1: Wednesday** | **Day 2: Sunday** |
| **Breakfast  (First Meal)** | 1 cup Bran Flakes® with 1 tsp sugar   and ½ cup 1% milk 1 cup coffee black  1 slice whole wheat toast with 2 tsp  soft margarine | 1 egg fried in 1 tsp butter with 3 strips of bacon 2 slices whole wheat toast with 2 tsp soft margarine  2 cups tea (chamomile) |
| **Snack** | 1 carrot muffin - Tim Hortons®  1 medium black coffee - Tim Hortons® | 1 medium apple |
| **Activity** | Stressful day at work | 30-minute walk |
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7-Day Food and Activity Journal   
This is general information and should not replace the advice of your health professional