

# ShopRight

## Section

# 4

### PlanRight Review Quiz:

CLUE: Fill in the blanks below using servings, nutrition, before, or convenience  
- Answers are on page 78 -

- You want to think about what you are going to eat \_\_\_\_\_ hunger strikes.
- As you plan your meals you want to consider your budget, food preferences, \_\_\_\_\_ and \_\_\_\_\_?
- An important step in meal planning is to include the correct number of \_\_\_\_\_ from each of the 5 Food Groups.

### Goals for Week 4:

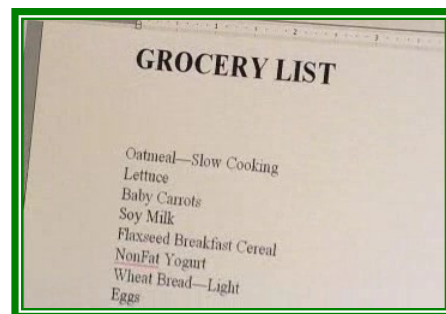
- Know ways to avoid temptations when grocery shopping, which will make the trip easier.
- Learn how to read and understand the information on a food label.
- Learn how to figure the percent of fat in a food item.

## Shopping Basics


You have planned your menus and made a shopping list. Now you are ready to ShopRight, selecting nutritious and healthy foods. The grocery store is where most of your EatRight meals and snacks begin. You need to be an informed shopper to select the best foods for your Food Plan and Menu Plans. Grocery shopping can be a challenging experience – it takes a lot of time, it is filled with temptations and it costs a lot of money. You may actually be making a lifestyle change when it comes to grocery shopping! Here are a few suggestions to make the trip easier.





**Make a grocery list and stick to it.** The purpose of the grocery list is to get the foods you need for your planned meals and to avoid impulse buying. Try to buy just what is on your list when you get to the grocery store. Even if you make more than one trip to the store each week – take a list. It helps you get only those items you really need and keeps you from forgetting items. You may find it easiest to organize your grocery list by placing foods in categories. Another way is to list how food items are arranged in the store. Use whatever works for you.





**Avoid grocery shopping when you are hungry.** It is best to shop after you have eaten; if necessary, eat a snack before shopping.


 **Shop the perimeter.** Produce, dairy products, meats, and breads are usually found at the store's perimeter (outer edges). Load up your cart first with fruits and veggies. Next, shop for lean meats, seafood, chicken, low-fat dairy items and whole-grain breads and cereals.

 **Shop only the sections of the store needed for items on your list.** You can skip going down aisles that have foods you want to avoid, like cookies or snack foods.

 **Avoid impulse buying.** Items are placed at the end of the aisles or on displays in the aisles to make them easy for you to see and pick up. Do not pick up items that are not on your grocery list.

 **Use coupons only for items already on your list.** Do not use coupons as an excuse for buying an item. If an item is not on your daily Meal Plans, you do not need the coupon.

 **Avoid the in-store samples.** This can be a place to practice saying “No, thank you.” Or you may choose to shop on a day when samples are not available.

 **Watch the Check-out line!** If your store has a candy-free check out lane, use it. If there is not one available, turn your back to the candy and read the magazines.

 **Ask a friend or family member to shop for or with you** if you think you are easily tempted and may not be able to resist.

## Product Information

### Packaging:

Food makers spend a lot of money to make food packages eye catching. The packaging is the first thing you notice, and food maker want you to buy their products. Food makers use words such as “**light**” or “**lite**,” “**lean**,” “**Fat free**” or “**low-fat**.” These labels can sometimes be confusing. However, food makers must follow certain rules when using these descriptive words. Look at the definitions for each of the terms often used on labels.

- **Fat-Free** means there is less than 0.5 gram of fat per serving, provided that the product has no added fat or oil.
- **Percent Fat-Free** refers to the actual fat-free weight of a food. The higher the fat-free percentage, the healthier the food choice.
- **Low-Fat** has no more than 3 grams of fat per serving.
- **Low-Calorie** has no more than 40 calories per



- serving. (Remember, each fat gram has 9 calories)
- **Reduced** foods contain 25% less of a nutrient or calories than the regular version of the food, like reduced-fat brownies or reduced-calorie mayonnaise.
  - **Light/Lite** means one-third fewer calories than the regular version of the food; may also mean that the fat content has been reduced by half.
  - **Lean and Extra Lean** appears on meat, poultry, seafood, and game labels.
    - **Lean** means that the product has less than 10 grams of fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per serving
    - **Extra Lean** means less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 milligrams of cholesterol per serving.

**Nutrition Facts Label:**

The **Nutrition Facts Label** contains much more important health information. You need to get in the habit of reading the labels on the foods. Look at all of the information on the label. Note the *servicing size* and the *number of calories per serving*. Pay special attention to the amount of fat, saturated fat, cholesterol, sodium, and sugar listed. You will see that different brands of the same food can have very different ingredients. Comparing food labels can help you decide on the healthier choice.

**Watch Serving Size.**  
Serving sizes on food labels may be different from the EatRight program.

**Watch the Fat.**  
This label shows 5 grams of Total Fat for every 55 calories.  
Look for foods with lower Total Fat grams (about 2g) per 100 Calories.

**Monounsaturated and Polyunsaturated** (specifically omega-3) **fats** are preferred because they are good for your overall health.

**Cut Calories From Fat.**  
Whenever possible, choose foods with less than 20% of their calories from fat.

**Watch Sugars.**  
The grams of sugar will be high in foods with lots of added sweeteners—sugar, high-fructose corn syrup or cane sugar

It is recommended that you get between 25–30 grams of dietary **fiber** daily.

**Watch Sugars.**  
The grams of sugar will be high in foods with lots of added sweeteners—sugar, high-fructose corn syrup or cane sugar

**Nutrition Facts**  
Serving Size 1/5 medium (30g/1.1 oz)  
Amount Per Serving  
**Calories 55**      **Calories from Fat 45**  
% Daily Value\*  
**Total Fat 5g**      8%  
Saturated Fat 1g      5%  
Polyunsaturated Fat 1g  
Monounsaturated Fat 3g  
**Cholesterol 0mg**      0%  
**Sodium 0mg**      0%  
**Potassium 170mg**  
**Total Carbohydrate 3g**      1%  
Dietary Fiber 3g      12%  
Sugars 0g  
**Protein 1g**  
Vitamin A 0%      • Vitamin C 4%  
Calcium 0%      • Iron 0%  
Vitamin E 4%      • Riboflavin 4%  
Niacin 4%      • Vitamin B6 4%  
Folate 8%      • Pantothenic Acid 4%  
Phosphorus 2%      • Magnesium 2%  
Zinc 2%      • Copper 2%  
Manganese 2%  
\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

% Daily Values on food labels are based on 2000 calorie diet for the general population. You are following a 1500 calorie diet with EatRight Weight Management Program A or an 1800 calorie diet following Program B.

You can look at the Nutrition Facts label to see if a food follows the 20% rule. If the number of calories from fat on the food label is less than 20%, this food may be a good choice. If the number of calories from fat is more than the 20%, you need to find similar foods with less fat per serving. Use the 20% rule for all grocery items except pure meats.

**Formula:**

$$\text{Calories from fats} \div \text{Calories} = \text{Percent Calories from fat}$$

**Example 1:** (using above Nutrition Facts Label)

$$45 \text{ Calories from fats} \div 55 \text{ Calories} = .82 \text{ or } 82\% \text{ Calories from fat}$$

**Example 2:** (healthier choice)

$$18 \text{ Calories from fats} \div 110 \text{ Calories} = .16 \text{ or } 16\% \text{ Calories from fat}$$

**Ingredients:**

The ingredients found on food labels can contain valuable information for your health. Added sweeteners such as sugars, high-fructose corn syrup, or cane sugar may be listed in the ingredients. Products that contain the words “partially hydrogenated” or “fully hydrogenated” contain trans fats, which are the unhealthiest fats and should be avoided.

## Fruits & Vegetables

Eating fresh fruits and vegetables is a great, natural way to add flavor and variety to your diet while improving your overall health. However, the fruits and vegetables that are bought often go to waste because people never get around to preparing them.

Think of your schedule. If time is a factor, purchase pre-cut fresh fruits and vegetables. You may hesitate to spend the few extra cents, but how often do you let fruits and vegetables spoil because you never take time to prepare them? Food manufacturers and grocery stores have made healthy eating much easier. They offer pre-cut fruits and vegetables that are wonderful for easy weeknight meals.

Helpful hints for buying Fruits and Vegetables:

- ✓ Look for the darkest colors of fruits and vegetables because they generally offer more vitamins, minerals and phytochemicals – making them healthier for you.
- ✓ Save time with pre-cut fruits, vegetables and salad mixes.
- ✓ Frozen fruits and canned fruit are perfect for busy lifestyles, but check the ingredient list to buy natural foods (in 100% fruit juice) with little or no added sweeteners and other preservatives.
- ✓ Fresh fruits pre-packed in light syrup can be rinsed and drained of extra sweeteners.
- ✓ You can choose from the more



common fruits such as apples, oranges and bananas as well as trying different types of fruits as they come in season, like berries and melons.

- ✓ With both bags of fresh and frozen vegetables you can simply use what you need and seal the leftovers for later use.

## Meats, Fish & Dairy

### Meat:

Buying meats are also made easier with various *pre-cooked* and *pre-cut* selections in the meat department. Look for pre-cooked items such as cubed or sliced chicken breast with or without seasoning to add to your favorite recipe. Pre-made barbecue made from lean pork and white chicken meat may also be available.

#### Helpful hints for buying Meats:

- ✓ Pay close attention to the fat content when you choose meats for your meals. The goal is to choose the cuts of meats that average about 3 grams of fat or less per ounce.
- ✓ Look for meats that have “loin” or “round” in their name – beef tenderloin, ground sirloin, pork loin, top round steak, round tip roast, eye of round, etc. These cuts are usually labeled 90% fat free.
- ✓ Choose cuts with the least amount of visible fat. This includes the white veins of fat, called “marbling,” that is found on red meats.
- ✓ When selecting beef, look for “select” cuts first because they are the leanest. Look for “choice” cuts second.
- ✓ Use ground turkey that is at least 90% fat free.
- ✓ For sausage, use lower fat brands or turkey sausage.



### Fish/Seafood:

The American Heart Association recommends 2 servings of fish per week. Most fresh fish, shrimp, lobster, crab and other seafood have similar nutritional values.

#### Helpful hints for buying Seafood:

- ✓ Avoid battered shrimp and fish such as fish sticks and fillets because they are generally higher in calories and fat.
- ✓ Try different varieties of fresh and frozen seafood.
- ✓ With seafood, you can choose based on what taste good because they have similar nutritional values.
- ✓ Fresh seafood can be quickly steamed for you while you are shopping at many local groceries. The fish is ready to take home with you when you finish shopping.



### Dairy Products:

A lot of dairy products look similar. However, you can see a lot of differences if you look at the food labels. There are many fat-free and low-fat options for various dairy products. You can always find reduced-fat dairy products such as milk, cheese, yogurt, sour cream, or cream cheese. Find the brands that you like as long as you eat the proper portion sizes.

#### Helpful hints for buying Dairy Products:

- ✓ Buy low-fat cheeses made from 2% milk.
- ✓ Sharper flavored cheeses such as sharp cheddar and parmesan are best because you can use less of the cheeses to add flavor.
- ✓ There is generally little taste difference between regular and low-fat products items such as milk, sour cream, cottage cheese and ricotta cheese, but there is a big difference in taste between fat-free and low-fat products.
- ✓ When selecting margarine or butter substitutes look for those with non-hydrogenated oils and no trans fats on the label.
- ✓ The number of carbohydrates is a good gauge for sugar content in dairy products, so it is best to select dairy products that are lower in carbohydrates and have no more than 100-110 calories per serving.
- ✓ Buy parmesan and Romano cheeses in a block and grate what you need – it will keep longer than grated cheese.

## Whole Grains & Starches

The starch group contains a wide variety of foods – breads, cereals, pasta, beans, popcorn, rice, and vegetables such as potatoes, beans and corn. These foods are an excellent source of natural fiber.

#### Helpful hints for buying Whole Grains and Starches:

- ✓ Buy 100% whole-wheat or whole grain breads, waffles, muffins, bagels, and pasta.
- ✓ Look for cereals that have at least 5 grams of fiber per serving.
- ✓ Buy some different grains such as cracked wheat (bulgur), amaranth, quinoa, brown rice, barley or couscous instead of white rice or potatoes.
- ✓ Canned beans are easy to use for a quick healthy nutritious meal. Just rinse and drain to remove the excess salt before using.



- ✓ Try different foods, like the Yukon gold potatoes. You can leave the thin skin on after cooking to add fiber. They have a natural buttery flavor so you can cut down on adding a butter substitute or sour cream.
- ✓ Flaxseed meal is rich in the Omega-3 fats, which are heart healthy. You can add 1 Tablespoon as a topping to cereal, oatmeal or a salad.

## Shopping Tips

- 👉 **Ask for assistance when shopping.** If you are not able to locate or reach specific items, ask the grocery staff to help you.
- 👉 **Review your shopping list.** Look over entire list before you begin and again when you are finished shopping to be sure you did not forget any items. You took the time to make the list – use it.
- 👉 **Use portion controls.** Foods packaged in single-serving containers can help with portion control even though they cost more.
- 👉 **Have convenience foods on hand.** Salad, carrots, slaw and other veggies-in-a-bag are not only convenient; they retain most of their vitamins and minerals. Keep ready-made frozen pizza crusts in the freezer & canned tomato sauce in the cabinet and pop in the oven for instant delivery.
- 👉 **Buy fresh foods.** Fresh foods are healthier than canned foods. Salad bars, deli shops and produce sections at grocery stores offer both fresh and convenient fruits and vegetables for fast pickup.
- 👉 **Read the label.** When buying foods such as peanut butter, the best is the natural peanut butters. They contain only peanuts and salt. They do not contain preservatives so must be refrigerated after opening. When choosing other peanut butters, read the label. Avoid those with “partially” or “fully” hydrogenated oils. There are also some other nut spreads that are fortified with flaxseed and flaxseed oils, which have the heart healthy omega 3 fats.



## Web Links

At the end of each weekly Section, you will find a list of related web sites for information discussed in this week’s lesson. If a web address changes or you cannot find a listed web site, open your web browser to your favorite search engine to locate the current web address.

🌐 [www.americanheart.org](http://www.americanheart.org) (American Heart Association)

☆ <http://vm.cfsan.fda.gov/~dms/foodlab.html> (Food and Drug Administration)

☆ <http://aggie-horticulture.tamu.edu/nutrition/nutritionfacts/nutfact.html> (The Horticulture Department at Texas A&M University)

**PlanRight Section 3 Review Quiz Answers:**

- You want to think about what you are going to eat before hunger strikes.
- As you plan your meals you want to consider your budget, food preferences, convenience and nutrition.
- An important step in meal planning is to include the correct number of servings from each of the 5 Food Groups.



# Action Plan

## ShopRight

### Section 4



**Complete the weekly “Action Plan.”** Answer the questions, make notes to help you on your Program. You can check off your accomplishments as you complete them.

- Review your Daily Food Journals and Meal Plans for Week 3.
  - “What were my favorite meals for last week?”
  - “Where can I improve my food choices?”
  - Did you remember to include the meals you ate away from home?
- Complete your Meal Plans for this week.
- Make a grocery list.
  - Use a method that works for you. If you did not like the way you did it last week, try another format.
- Go on a shopping trip for groceries
  - Stick to your list.
  - Shop the perimeter first.
  - Read food labels and compare ingredients.
  - Make healthy choices.
- Watch the video again for this week to review shopping tips.

# Weekly Meal Planner

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	BREAKFAST	LUNCH	DINNER	SNACKS

Fill in the meal plan with what you plan to eat for each meal on each day of the week. If possible, note days you also plan to dine out.

### Daily Food Group Serving Totals

Total each day below to see if you are eating the correct number of serving for each food group. Look for ways to add or delete foods to meet your Weight Management Program goals.

PROGRAM A	PROGRAM B	FOOD GROUPS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	FATS/OILS (FO)							
4	5	MEAT/DAIRY (MD)							
6	8	STARCHES (S)							
4	5	FRUIT (F)							
5	6	VEGETABLE (V)							

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 1** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 1** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>			
	<b>Program B</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>			
<b>Daily Physical Activities:</b>									

Daily Tip:

Choose cereals with at least 5 grams of fiber per serving and breads with 3 grams of fiber per serving. Slowly add fiber to your diet. You can add a little higher-fiber cereal to your current favorite.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 2** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 2** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>			
	<b>Program B</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>			
<b>Daily Physical Activities:</b>									

Daily Tip:

Items to add to your grocery list and have in your pantry include olive oil or buttery cooking spray, butter flavor sprinkles, fat-free broth (chicken, beef, or vegetable).

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 3** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

## Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 3** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>		4	4	6	4	5		
	<b>Program B</b>		5	5	8	5	6		
<b>Daily Physical Activities:</b>									

Daily Tip:  
Get in the habit of making a grocery list before you do your shopping.



# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 4** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 4** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>			
	<b>Program B</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>			
<b>Daily Physical Activities:</b>									

Daily Tip:

Find a method that works for you when making a list! The Internet has many ideas, just search for “grocery list.”

## Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 5** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 5** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
BREAKFAST									
SNACKS									
LUNCH									
SNACKS									
DINNER									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	My Totals								
	Program A		4	4	6	4	5		
	Program B		5	5	8	5	6		
Daily Physical Activities:									

Daily Tip:

Involve your children or other family members in your shopping trip. Use this time to educate them about nutrients in foods at the grocery store.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 6** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 6** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/ OILS	MEATS/ DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>	<b>4</b>	<b>4</b>	<b>6</b>	<b>4</b>	<b>5</b>			
	<b>Program B</b>	<b>5</b>	<b>5</b>	<b>8</b>	<b>5</b>	<b>6</b>			
<b>Daily Physical Activities:</b>									

Daily Tip:

Look for some of the herb-spice blends to use as substitutes for salt or you can get your favorite spices and make your own blend.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

**Day 7** \_\_\_\_\_

**Program A** (1500 Calories)

**Program B** (1800 Calories)

		<b>FOOD GROUPS</b>				
		(x = 1 Portion Size)				
		Fats/Oils	Meat/Dairy	Starches	Fruits	Vegetable
<b>Breakfast Meal Plan:</b>						
<b>Lunch Meal Plan:</b>						
<b>Dinner Meal Plan:</b>						
<b>Snack Plans</b>						
<b>Totals</b>						

## Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

**Day 7** \_\_\_\_\_

TIME	FOODS YOU ATE	P/O/S	SERVING SIZE	FATS/OILS	MEATS/DAIRIES	STARCHES	FRUITS	VEGGIES	MOOD
<b>BREAKFAST</b>									
<b>SNACKS</b>									
<b>LUNCH</b>									
<b>SNACKS</b>									
<b>DINNER</b>									
Check 1 box for every 8 oz. of water you drink per day. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>My Totals</b>								
	<b>Program A</b>		4	4	6	4	5		
	<b>Program B</b>		5	5	8	5	6		
<b>Daily Physical Activities:</b>									

Daily Tip:

The term “low-carb” has not yet been defined by the Food and Drug Administration. A product labeled low-carb may not have fewer calories. Some “low-carb” products contain more fat and calories than a product that is not “low-carb”.