



Weigh to Stay

Food Journal

This Journal Belongs to

This food journal has been provided to you courtesy of Carl R. Darnall Army Medical Center Nutrition Care Division in an effort to help you help yourself.

The first step in making nutrition and lifestyle changes is awareness of problem areas. Keeping a food journal increases awareness of meal patterns and the types and amounts of foods and drinks you choose most often.

Instructions: Please write down what and how much of each item that you eat and drink. See the sample below.

For additional resources visit us on the web at www.crdamc.amedd.army.mil/ncd or call us at 254-288-8860

Sample

Meal Time	Food/Drink Service Size	Comments
Breakfast 8:30 a.m.	2 cups Cheerios, 1 cup 2% milk, 16 oz. Orange Juice	Did PT - 3 mile run, hard workout
Snack	N/A	Drank about 1 quart water after PT
Lunch 12:30 p.m.	Subway; 6" Turkey w/ cheese & mayo, 1 bag Doritos, 20 oz Pepsi	
Snack		Very busy at work, had to work late
Dinner 8 p.m.	Chicken Breast, 2 Rice, 1 Cup Green Beans, 1/2 Can, 2 glasses 2% milk	Starving, after eating felt very full
Snack 9:30 p.m.	2 Budlites, 1 bag micro-wave popcorn	

The Basics

- Do not skip meals. It slows metabolism and leads to over-eating.
- Find a zero-calorie beverage to drink throughout the day and limit fruit juice and sport drinks to 8 oz. per day... Yes, really!
- Most fast-food is very high in fat! Reduce calories by not adding extras such as mayonnaise, bacon, or cheese.
- When visiting fast-food places, reduce the portion size of your order, choose grilled over fried, or make fewer visits to the restaurant.

Day One

Date _____

Meal Time	Food/Drink Service Size	Comments
Breakfast _____		
Snack _____		
Lunch _____		
Snack _____		
Dinner _____		
Snack _____		

Day Two

Date _____

Meal Time	Food/Drink Service Size	Comments
Breakfast _____		
Snack _____		
Lunch _____		
Snack _____		
Dinner _____		
Snack _____		

Day Three

Date _____

Meal Time	Food/Drink Service Size	Comments
Breakfast _____		
Snack _____		
Lunch _____		
Snack _____		
Dinner _____		
Snack _____		

Day Four

Date _____

Meal Time	Food/Drink Service Size	Comments
Breakfast _____		
Snack _____		
Lunch _____		
Snack _____		
Dinner _____		
Snack _____		

Day Five

Date _____

Meal Time	Food/Drink Service Size	Comments
Breakfast _____		
Snack _____		
Lunch _____		
Snack _____		
Dinner _____		
Snack _____		

Day Six

Date _____

Meal Time	Food/Drink Service Size	Comments
Breakfast _____		
Snack _____		
Lunch _____		
Snack _____		
Dinner _____		
Snack _____		

Day Seven

Date _____

Meal Time	Food/Drink Service Size	Comments
Breakfast _____		
Snack _____		
Lunch _____		
Snack _____		
Dinner _____		
Snack _____		

Comments/ Recommendations

To be completed by the Nutrition Care Division

- ☐ Portion sizes are too large; consider reducing to half especially at _____ meal.
- ☐ Not enough water, try drinking a glass before bed.
- ☐ Decrease liquid calories, remember these don't fill you up, they only add empty calories.
- ☐ Don't skip meals. This decreases your metabolism and will make you overly hungry at your next meal time, which leads to overeating.

Specific Comments:

OVERALL:

- ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Nutrition Care Division | Carl R. Darnall Army Medical Center

**Drinking 2 20 oz. sodas per day
or 2 2qt. bottles of any sports drink per day
will add a pound of fat per week to your body!**



Think
before
you
Drink
“ONE TEAM”

Drink water or non-caloric beverages
on-caloric beverages to hydrate during the day

Visit us on the web at www.crdamc.amedd.army.mil/ncd for more
valuable information and tools for weight management!

We're all in this together!

Food journaling is an effective weapon in the war to reduce body fat!

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NUTRITION CARE DIVISION



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