



### What's on your plate?

To look up nutrition info on what you ate on campus visit [www.ncsu.edu/dining](http://www.ncsu.edu/dining)

To find the calories in everyday foods visit [www.caloriescount.org](http://www.caloriescount.org)

For fast food nutrition visit the establishment's fast food website [www.mcdonalds.com](http://www.mcdonalds.com) or visit [www.fatcalories.com](http://www.fatcalories.com)

Keep track of your food and exercise using the diaries provided.

## How to Keep a Food and Exercise Diary

1. Make sure you keep your diary with you so you can record the food as you eat it.
2. Don't forget the condiments: mayonnaise, sauces, sour cream, cream cheese, salad dressing and oils.
3. Write down all beverages!
4. Write down all snacks.
5. Record amounts of each food.
6. Cross off a veggie/fruit icon for every serving you eat.
7. For every 8oz of water you drink cross off the water icon.
8. Check off if you ate breakfast.
9. Record the number of steps.
10. Color in the total minutes you exercise.

### BASIC WEIGHT LOSS TIPS

- **Eat breakfast:** Breakfast helps you burn more calories.
- **Cut back on fat:** Try to use less of butter and margarine. Use less oil and avoid fried food.
- **Look at portion size:** Make sure you read labels and try to eat just one serving.
- **Avoid high fat dairy products:** Go for lower fat milk and decrease cheese.
- **Avoid soda, juice, punch and sweet tea:** Remember most sweetened drinks have 10 calories per ounce.
- **Drink water:** Drink at least 64 ounces per day.

Exercise(min)	5	10	15	20	25	30	35	40	45	50	60	Total Steps =4000
Breakfast <input checked="" type="checkbox"/>												
TIME	Food Description											Amount Eaten
7am	bagel											1 half
	Cream cheese											1 tablespoon
11am	apple											1
12pm	salad											1 cup
	dressing											2 tablespoons
	orange											1
	Chicken breast											4 ounces

