

SESSION 4: Track Your Food



Session Focus

Tracking your food each day can help you manage your weight.

This session we will talk about:

- The purpose of tracking
- How to track your food
- How to make sense of food labels

You will also make a new action plan!

Sally's Story

Sally wants to lose 15 pounds. She has been trying to eat better each week. After a month, Sally tells her friend Tina that she is frustrated. She still hasn't lost any weight. Surprised by this, Tina asks her to describe what she ate the day before. Sally tells Tina what she thinks she had.

The table below shows what Sally thinks she had at each meal. It shows what Sally really had at each meal. It also shows the extra calories she took in.

BREAKFAST

What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories
A bowl of cereal with milk	100 (cereal) 100 (milk)	1½ cups cereal with 8 ounces whole milk	150 (cereal) 150 (milk)	150
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Breakfast Total	200	Breakfast Total	350	

LUNCH

What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories
Ham sandwich	150 (bread) 200 (ham) 150 (mayo)	Sandwich made with 2 slices bread, 6 ounces ham, and 1½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	150
		Medium apple	50	
Apple	50	Iced tea with sugar	150 (sugar)	
Lunch Total	550	Lunch Total	700	

SNACK

What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories
		Granola bar	200	250
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Snack Total		Snack Total	250	

DINNER

What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories
Salad	100	Salad with 2 Tbsp blue cheese dressing	50 (salad) 150 (dressing)	275
Mashed potatoes	100	1 cup mashed potatoes made with whole milk and 3 Tbsp butter	100 (potatoes) 100 (butter)	
Piece of fish	200	3 ounces fish	200	
		8 ounces iced tea with sugar	75 (sugar)	
Dinner Total	400	Dinner Total	675	

DESSERT

What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories
Small bowl of ice cream	175	1 cup ice cream	320	145
Dessert Total	175	Dessert Total	320	

What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	TOTAL Extra Calories
DAILY TOTAL	1,325	DAILY TOTAL	2,295	970

How to Track Your Food

Ways to find out how much you eat:

- Measuring cups and spoons
- Kitchen scale
- Food labels
- Calculator

Ways to record what, when, and how much you eat:

- Spiral notebook
- Spreadsheet
- Smart phone apps (mynetdiary or MyFitnessPal)
- Computer apps
- Voice recording
- Photo of your food

Ultimately, you'll want to write these details in your Food Log.

Options for tracking:

- <https://www.myfitnesspal.com/>
- <https://www.mynetdiary.com/>
- <https://www.loseit.com/>

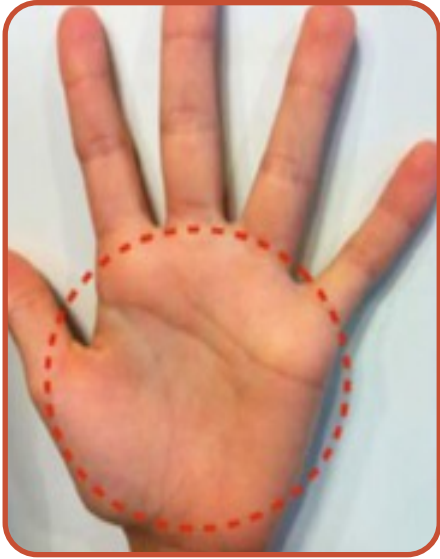
Everyday Objects and Serving Size

You can use everyday objects to eyeball serving size. Here are some examples:

SERVING SIZE	OBJECT
2 tablespoons	Ping-pong ball
1 ounce of cheese	4 dice
3 ounces of meat or poultry	Palm of your hand, or a deck of cards
¼ cup	Golf ball
½ cup	Tennis ball
1 cup	Baseball
1 medium baked potato	Computer mouse
1 medium apple	Tennis ball
1 medium waffle	CD

Hands and Serving Size

You can use your hands to eyeball serving size.



About 3 ounces



About 1 tablespoon



About 1 teaspoon



About 1 cup



1 serving of fruit



About 1/4 cup

Make Sense of Food Labels

Sample Label for Macaroni and Cheese

1 **Serving Size**

Nutrition Facts	
Serving Size	1 cup (228g)
Servings Per Container	2

2 **Calories**

Amount Per Serving	
Calories	250
	Calories from Fat 110

3 **Limit These Nutrients (yellow items)**

	% Daily Value
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

4 **Get Enough of These Nutrients (blue items)**

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Source: FDA (<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3>)

Make Sense of Food Labels

These numbers refer to the sample label for macaroni and cheese on the previous page of this handout.

1. Serving Size

Start by looking at the serving size. That's the size of one serving. All the other facts on the label are based on this amount.

Also look at the number of servings in the package. This package contains two servings. So if you eat the whole package, you'll need to multiply all the other facts on the label by two. Use a calculator, if you'd like.

2. Calories

Knowing the calories can help you reach or stay at a healthy weight. The calories are the amount of energy you get from a serving of this food. Many Americans get more calories than they need. Try to get less than 30 percent of your calories from fat.

3. Limit These Nutrients

Most Americans get enough, or even too much, of these nutrients. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium can raise your risk of certain health problems. These include heart disease, some cancers, and high blood pressure.

4. Get Enough of These Nutrients

Most Americans don't eat enough fiber, vitamin A, vitamin C, calcium, and iron. Eating enough of these nutrients can improve your health and lower your risk of certain health problems.

For instance, getting enough calcium can help strengthen your bones and teeth. Eating plenty of fiber can help you lose weight and lower your cholesterol.

Other ways to find out nutrition facts:

- Computer apps
- Smart phone apps
- Websites

It can be challenging to track your food. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	SOLUTIONS	OTHER WAYS TO COPE
I'm too busy	<ul style="list-style-type: none"> <input type="checkbox"/> Make time to track – it typically takes just a few minutes after each meal <input type="checkbox"/> Remember why you are tracking – it's been shown to help people lose weight and maintain weight loss! 	
I have trouble reading and writing	<ul style="list-style-type: none"> <input type="checkbox"/> Record your voice with a smart phone or other device <input type="checkbox"/> Take a photo of your food <input type="checkbox"/> Ask your family or friends to help write your food on your Food Log <input type="checkbox"/> Use an app that has pictures or easy ways to identify and track common foods 	
I keep forgetting	<ul style="list-style-type: none"> <input type="checkbox"/> Make tracking part of your daily routine <input type="checkbox"/> Put a reminder on your phone or computer <input type="checkbox"/> Set a timer <input type="checkbox"/> Leave yourself notes where you'll see them <input type="checkbox"/> Ask family and friends to remind you 	
I don't like to track	<ul style="list-style-type: none"> <input type="checkbox"/> Share your results with others <input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your food goals <input type="checkbox"/> Ask a friend or family member to track their food too <input type="checkbox"/> Try a smart phone or computer app 	