Chapter 8 Personal Inventory

Food Diary

Eating a well-balanced diet is critical for good health. Your body relies on the nutrients from food for energy, building blocks for growth and repair, and substances that regulate body processes. Are you choosing foods that give your body the nutrients it needs? One way to find out is to keep a food diary. In a food diary, you record everything you eat. For example, if you eat a ham sandwich, you might list bread, ham, lettuce, Swiss cheese, and tomato.

In the table below, record everything you eat in one day. Use additional paper if needed. For each food eaten, estimate its amount in ounces or cups, and record the amount.

Foods Eaten	Grains (ounces)	Vegetables (cups)	Fruits (cups)	Milk (cups)	Meat/Beans (ounces)
Totals					

Compare what you ate with the recommended daily servings in the chart below. To correctly use the chart, you must first identify your activity level: You are sedentary if you exercise less than 30 minutes each day. You are moderate if you exercise 30 to 60 minutes each day. You are active if you exercise more than 60 minutes daily.

Based on the daily recommendations for your gender and activity level, what should you eat more of?

What should you eat less of?

Activity Level	Grains	Vegetables	Fruits	Dairy	Protein
Sedentary Male Female	8 ounces 6 ounces	3 cups 2 ⁻¹ / ₂ cups	2 cups 1 ⁺ 2 cups	3 cups 3 cups	6 ¹ / ₂ ounces 5 ounces
Moderate Male Female	10 ounces 6 ounces	3 ⁻¹ / ₂ cups 2 ⁻¹ / ₂ cups	2 ^{1/2} cups 2 cups	3 cups 3 cups	7 ounces 5 ¹ / ₂ ounces