

FOOD JOURNALING

MY VOYAGE & HELPFUL TOOLS I LEARNED ABOUT ALONG THE WAY



Step 1	Step 2	Step 3	Step 4	Lessons Learned/Action/Discoveries/Solutions		
Goals	Physician	PT	Dietitian	Take Aways	Documents	Results

PERSONAL HISTORY

- How I became obese
- Why I am taking action

STEP 1 – SET GOALS

- Lose weight slowly
- Discover ways to gradually warm up my unused muscles
- Visit with a behavior modification specialist
- Talk with my primary physician

STEP 2 – MET WITH PRIMARY PHYSICIAN

- Meet with a dietitian
- Meet with a physical therapist to set up exercises
- Meet with a Lifestyle Coach at DAHLC (appointments out until March)

STEP 3 – MET WITH PHYSICAL THERAPIST

- Set up daily walking schedule
- Assigned three stretches to do 10 times; twice a day
 - Seated march
 - Seated long arc quad
 - Seated hip abduction with resistance
- Agreed to meet after two months to check progress/review concerns

STEP 4 – MET WITH DIETITIAN

- Determined number of calories per day (1500) to lose a pound a week
- Explained daily amount needed for healthy diet

Nutrient	Grams	# of Servings
Carbs	45-60 per meal	4-8
Sugar	35 per day	
Protein	95-115 per day	3-7
Fat	30-55 per day	3-5
Sodium	2000 per day	
Fruit	Unlimited	Minimum 3
Vegetables	Unlimited	Minimum 4

STEP 4 – MET WITH DIETITIAN

Set Goals

- Use a salad plate
- Check out YouTube videos
- Track calories
- Weigh 1x/week when you first get up

Suggestions

- Calorie King
- Loselt
- My Fitness Pal

TAKE AWAYS

Servings

- 1-2 ounces = handful
- 1 cup = fist
- 3 ounces = palm
- 1 tsp = thumb tip
- 1 ounce = thumb

Pyramid Serving Guide (handout)

- [Page 1](#)
- [Page 2](#)

I need to create a way to track the following:

- Number of calories, fat, sodium, carbs, sugar, and protein in foods I eat
- Breakfast, lunch, dinner, and snacks tracker
- Number of vegetables per week
- Number of fruits per week
- Activity

DOCUMENTS I CREATED FOR TRACKING

Tracking Food and Nutrition:

- [Document 1](#) - List of all food I eat broken down with nutrition information and calories
- [Document 2](#) - Chart with breakfast, lunch, dinner, snacks, vegetables, fruits, activity*
- [Document 3](#) - Summary of one day's nutrition, comparing to daily requirements
- [Document 4](#) – Total nutrition per week

Tracking Exercise:

- [Document 5](#) – Track minutes walked per day for 16 weeks
- [Document 6](#) – Track three exercises

- *Modified from original chart created by Intermountain Health, Salt Lake City, Utah

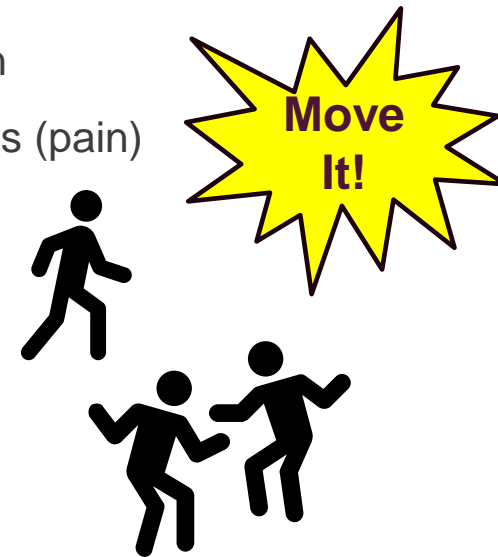
WALKING AND EXERCISE RESULTS

I did very poorly on my walking and exercising over the two-week period.

- Did seated exercises for four days; twice a day; stopped because of pain
- Walked the first day without walker; only made it 4 minutes; not 5 minutes (pain)
- Talked with physical therapist, who modified my plan

Modified Plan:

- Do exercises once a day; every other day
- Walk on opposite exercise days for 2 minutes; using the walker

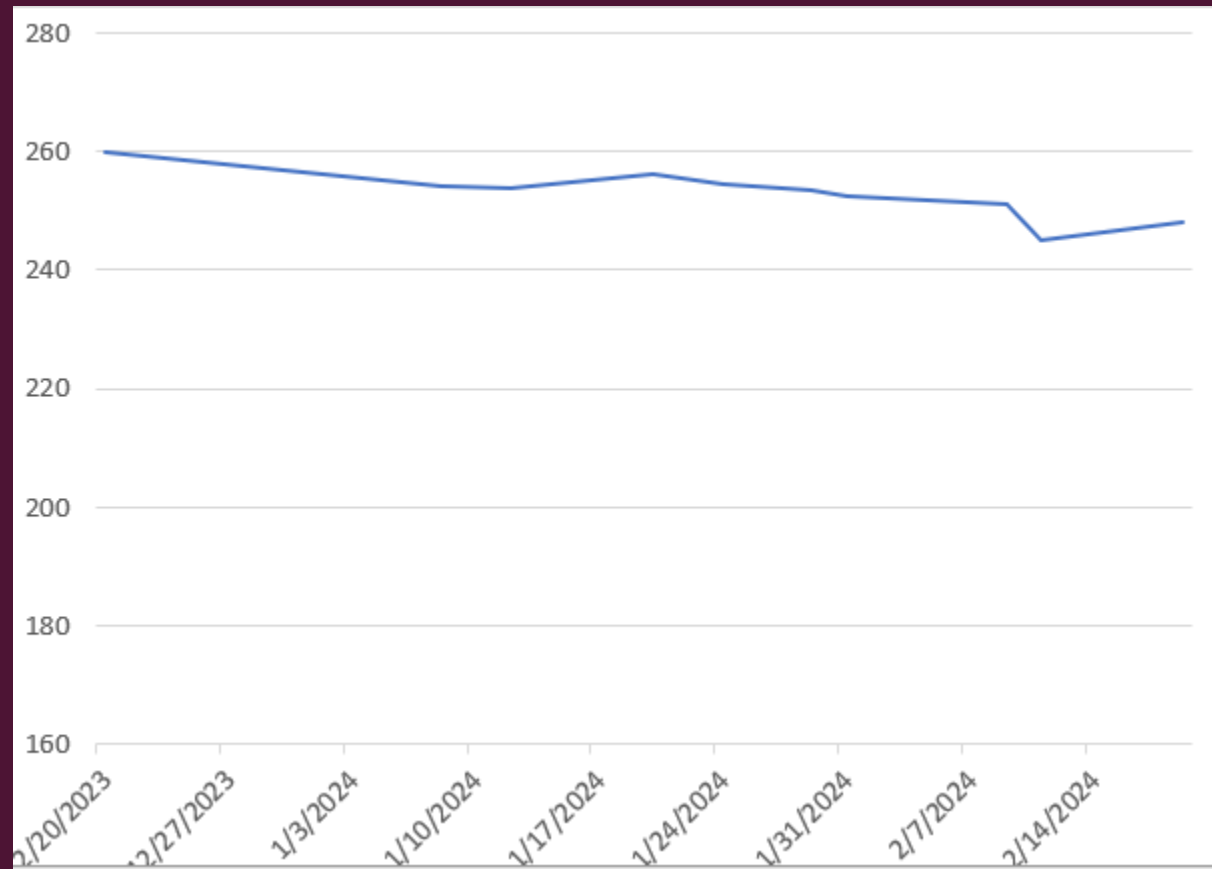


SIX WEEK RESULTS

Week	Fat	Sodium	Carbs	Sugar	Protein*	Calories	Notes
1	13	968	113	83	-103	952	Protein low; everything else is high
2	12	652	77	54	-47	309	Need to lower sodium & sugar
3	25	782	79	60	-30	461	Protein low; fat, sugar, sodium high
4	9	768	82	58	-47	360	Good week except for sodium level
5	4	219	93	74	-40	376	Better in fats, sodium & protein; sugars still high
6	-7	180	60	65	-47	150	Fats, sodium, and carbs good; Calories good

*A negative result means I need more. Positive results indicate how much I was over the recommended amount.

WEIGHT LOSS DEC 20, 2023 – FEB 19, 2024 = 12.1 POUNDS



DISCOVERIES

- I need to lower the amount of sugar, sodium, and fat in my diet
- I need to increase the amount of protein, fruits, and vegetables
- I need to limit eating out to once a week only
- Stress plays a large part in why I eat; I tend to eat junk food when I'm stressed
- Frozen meals & pizza contain lots of sodium
- Low calorie, whole grain bread is better than bagel

I still have trouble sticking with an exercise program. This is one of the reasons I want to meet with the lifestyle coach at the DAHLC.

POSSIBLE SOLUTIONS

Foods to incorporate into my diet

- **Proteins** – black beans, chicken, garbanzo beans, lentils, turkey, yogurt
- **Vegetables** – green beans, beets, cauliflower, peas
- **Fruits** – apples, bananas, mixed fruit, oranges, peaches, pineapples, strawberries

Add **nuts** and **seeds**:

- Almonds, cashews, peanuts, pecans
- Sesame and sunflower seeds

NEW PLAN

- Use the following foods to put together better lunch choices:

Black beans	Navy beans	Garbanzo beans	Vege burger	Sweet potatoes
Red peppers	Yellow peppers	Beets	Cherry tomatoes	Prunes
Fig Newtons	Whole grain bagels	English muffins	Rutabaga	Spinach
Romaine	Sunflower seeds	Turkey breast meat	Chicken meat	Small cans of vegetables
Raspberry vinaigrette	Eggs	Couscous	Orzo	

FOODS TO ELIMINATE (OR EAT LESS OFTEN)

- Taquitos
- Burritos
- Frozen dinners
- Reduce amount of pizza to one slice
- Sandwiches made by someone other than me
- Limit fast food/look for lower calorie/sodium fast food

QUESTIONS



I am NOT giving up my:

- Frozen yogurt bar
- Café Vienna

