

WORKSHEET 17: NUTRITION AWARENESS

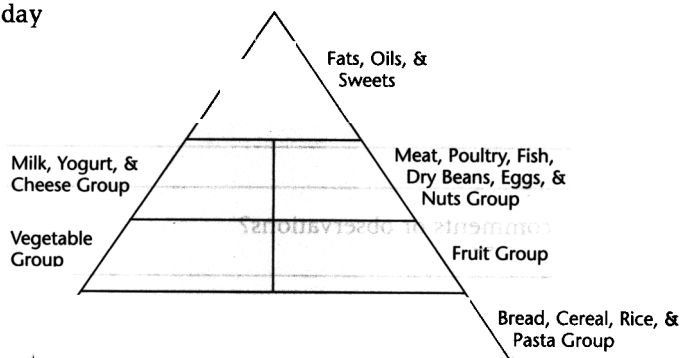
Weekend Day

Record what you eat during one weekend day.

Date: _____

Meal:	Foods	Food Groups	Amounts/Servings
Breakfast: Time _____	_____	_____	_____
Time spent eating _____	_____	_____	_____
Location _____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Lunch: Time _____	_____	_____	_____
Time spent eating _____	_____	_____	_____
Location _____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Dinner: Time _____	_____	_____	_____
Time spent eating _____	_____	_____	_____
Location _____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Snacks: Time(s) _____	_____	_____	_____
Time spent eating _____	_____	_____	_____
Location _____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Alcohol: Time(s) _____	_____	_____	_____
Time spent drinking _____	_____	_____	_____

Place the total number of servings you ate on this day inside the appropriate food pyramid boxes:



Look over your **weekend day** food log and try to answer the following questions:

1. Did you eat the appropriate number of servings for each food group? If not, can you think of a food you would consider eating that would fulfill the requirements of a food group?
 2. Did you drink 6–8 glasses of water (any fluid not containing caffeine or alcohol)?
 3. List in separate columns your complex (and natural sugar) carbohydrates and the simple carbohydrates you ate. Were the vast majority complex carbohydrates?
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4. When during the day did you eat the most food? When did you eat the highest calorie foods? Thinking about your schedule for the past week, is this pattern the same?

5. Do you usually eat your meals at the same time each day? What implications might this have?
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6. If you could start the day over and pick one thing to do differently concerning diet, what would it be?
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Is there one thing concerning diet that you would keep the same (i.e., a moment you were proud of such as exchanging an empty calorie snack for a nutritious one, getting all your vegetable servings, etc.)?

8. If you are trying to or would like to lose weight, can you identify any triggers (things that encouraged you) to eat high-fat, high-cholesterol, or high-sugar foods on this particular day? Can you think, now, how you might have avoided or resisted the trigger?
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9. How do your weekday eating habits compare to your weekend eating habits?

10. Other comments or observations?
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