

WORKSHEET 16: NUTRITION AWARENESS

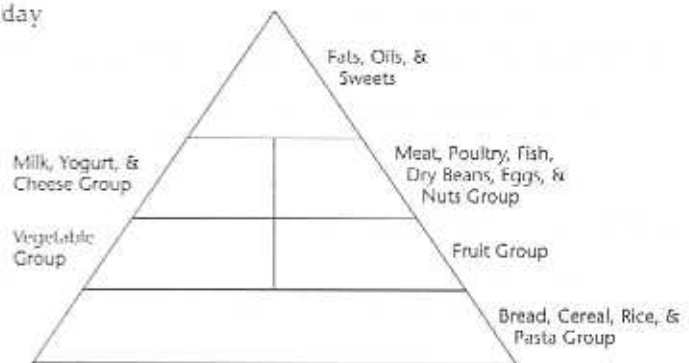
Weekday

Record what you eat during one **weekday**.

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 **weekday** 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?

4. When during the day did you eat the most food? When did you eat the highest caloric 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?

6. If you could start the day over and pick one thing to do differently concerning diet, what would it be?

7. 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 caloric 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?

9. How do your weekend eating habits compare to your weekday eating habits?

10. Other comments or observations?

