

# Nutrition Log

Name: \_\_\_\_\_

Directions:

Date: \_\_\_\_\_

1. Fill out the included nutrition log for 2 “week” days and 1 “weekend” day (Entire 24 hour day).
2. For each food eaten, include the **amount in cups or ounces**, next to it.
3. See the food equivalencies on the next page to help figure out amounts.

DAYS	Weekday : _____ Date: _____	Weekday : _____ Date: _____	Weekend : _____ Date: _____			
Breakfast	Food	Amount	Food	Amount	Food	Amount
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
Lunch	Food	Amount	Food	Amount	Food	Amount
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
Dinner	Food	Amount	Food	Amount	Food	Amount
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
Snacks	Food	Amount	Food	Amount	Food	Amount
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____

## Nutritional Log Equivalency

Grains – 1 ounce equivalent is about 1 slice of bread, 1 cup dry cereal, ½ cup cooked rice, pasta, or cereal.

Vegetables – 1 cup is equal to the size of your fist.

Fruits – 1 cup is equal to 1 small apple or one banana.

Milk - 1 cup is equal to one small lunch carton of milk, or 1 small yogurt cup,

Cheese – 1 ounce is equal to 1 slice of American cheese, or one string cheese.

Meat and Beans – 1 ounce of meat is equal to 3 thin slices of sandwich meat. One small hamburger patty, or one small chicken breast is equal to 3 ounces.

### Equivalency Visual Associations



**Fruit** = ½ cup canned or 1 medium fruit  
(about the size of a tennis ball)



**Meat and beans = 3 oz**  
(about the size of a deck of cards)



**Grain** = 1 slice bread, presliced  
(about the size of a cassette tape) or  
1/2 cup pasta  
(about the size of an adult woman's palm, stacked 1" high)



**Milk** = 8 ounces  
(the size of a container of individual yogurt)



**Vegetable** = 1/2 cup cooked or canned vegetables  
(about ½ a baseball)



**Oils** = 1 teaspoon  
(about the size of 4 stacked dimes)



**Handful = 1-2 oz.**  
Example:  
1 oz. nuts = 1 handful or 2 oz. pretzels = 2 handfuls



**Fist = 1 cup**  
Example: pasta or oatmeal



**Palm = 3 oz.** Example: a cooked serving of meat.



**Thumb = 1 oz.**  
Example: piece of cheese