

Participant Guide

Track Your Food



Session Focus

Tracking your food each day can help you prevent or delay type 2 diabetes.

This session we will talk about:

- The purpose of tracking
- How to track your food
- How to make sense of food labels

Diet plan	breakfast	lunch	dinner
monday			
tuesday			
wednesday			
thursday			
friday			
saturday			
sunday			

You will also make a new action plan!



Tips:

- ✓ Try to track your food each day.
- ✓ Track more over time. Start by tracking what and when you eat. When you get comfortable with this, you can start tracking how much you eat, and then calories.



Sally's Story

Sally is at risk for type 2 diabetes. She wants to lose 15 pounds. She has been trying to eat better each week. After a month, Sally tells her friend Tina that she is frustrated. She still hasn't lost any weight. Surprised by this, Tina asks her to describe what she ate the day before. Sally tells Tina what she thinks she had.

The table below shows what Sally thinks she had at each meal. It shows what Sally really had at each meal. It also shows the extra calories she took in.



BREAKFAST	
What Sally <u>Thinks</u> She Had	Calories
A bowl of cereal with milk	100 (cereal) 100 (milk)
Breakfast Total	200

What Sally <u>Really</u> Had	Calories
1½ cups cereal with 8 ounces whole milk	150 (cereal) 150 (milk)
Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)
Breakfast Total	350

Extra Calories
150

LUNCH	
What Sally <u>Thinks</u> She Had	Calories
Ham sandwich	150 (bread) 200 (ham) 150 (mayo)
Apple	50
Lunch Total	550

What Sally <u>Really</u> Had	Calories
Sandwich made with 2 slices bread, 6 ounces ham, and 1½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)
Medium apple	50
Iced tea with sugar	150 (sugar)
Lunch Total	700

Extra Calories
150



Sally's Story

SNACK				
What Sally Thinks She Had	Calories	What Sally Really Had	Calories	Extra Calories
		Granola bar	200	250
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Snack Total	0	Snack Total	250	
DINNER				
What Sally Thinks She Had	Calories	What Sally Really Had	Calories	Extra Calories
Salad	100	Salad with 2 Tbsp blue cheese dressing	50 (salad) 150 (dressing)	275
Mashed potatoes	100	1 cup mashed potatoes made with whole milk and 3 Tbsp butter	100 (potatoes) 100 (butter)	
Piece of fish	200	3 ounces fish	200	
		8 ounces iced tea with sugar	75 (sugar)	
Dinner Total	400	Dinner Total	675	
DESSERT				
What Sally Thinks She Had	Calories	What Sally Really Had	Calories	Extra Calories
Small bowl of ice cream	175	1 cup ice cream	320	145
Dessert Total	175	Dessert Total	320	
Daily Total	1,325	Daily Total	2,295	Total Extra Calories 970

How to Track Your Food

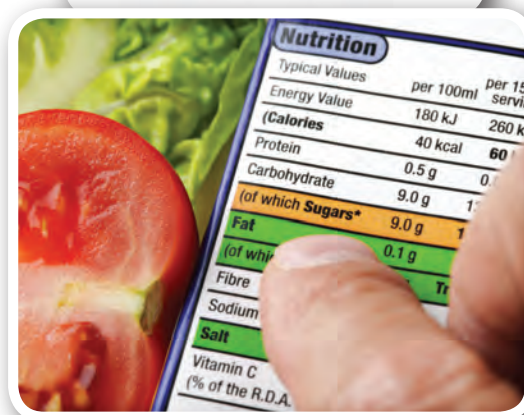
Ways to find out how much you eat:

- Measuring cups and spoons
- Kitchen scale
- Food labels
- Calculator

Ways to record what, when, and how much you eat:

- Spiral notebook
- Spreadsheet
- Smart phone apps
- Computer apps
- Voice recording
- Photo of your food

Ultimately, **you'll want to write these details in your Food Log.**



Everyday Objects and Serving Size

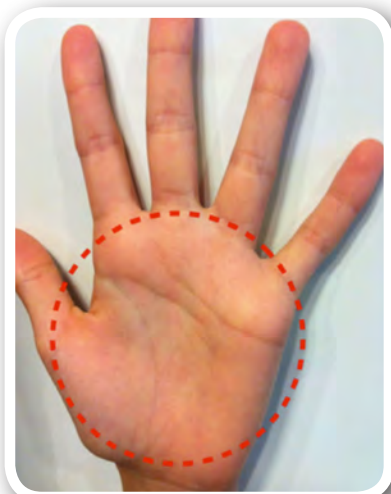
You can use everyday objects to eyeball serving size. Here are some examples:

Serving Size	Object
2 tablespoons	 Ping-pong ball
1 ounce of cheese	 4 dice
3 ounces of meat or poultry	 Palm of your hand, or a deck of cards
$\frac{1}{4}$ cup	 Golf ball
$\frac{1}{2}$ cup	 Tennis ball
1 cup	 Baseball
1 medium baked potato	 Computer mouse
1 medium apple	 Tennis ball
1 medium waffle	 CD

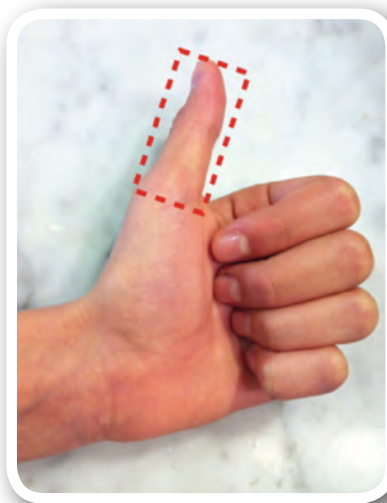


Hands and Serving Size

You can use your hands to eyeball serving size.



About 3 ounces



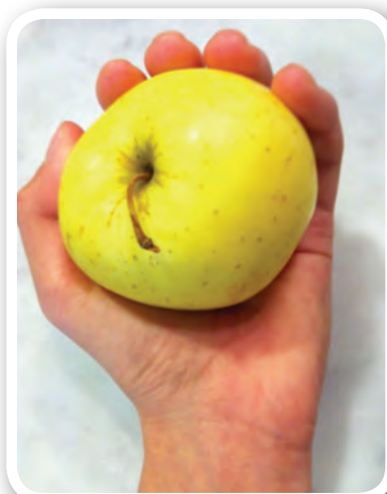
About 1 tablespoon



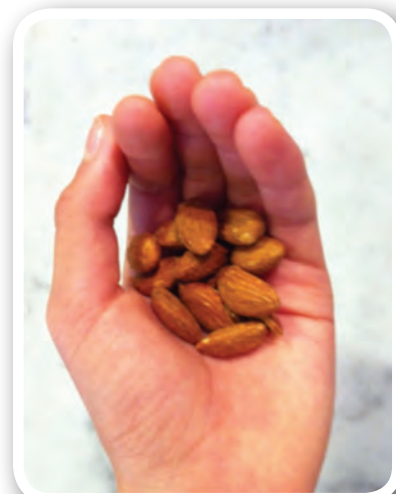
About 1 teaspoon



About 1 cup



1 serving of fruit



About 1/4 cup

Make Sense of Food Labels

Sample Label for Macaroni and Cheese

① **Serving Size** →

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

② **Calories**

Amount Per Serving

Calories 250 Calories from Fat 110

③ **Limit These Nutrients**
(yellow items)

% Daily Value

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

④ **Get Enough of These Nutrients**
(blue items)

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Source: FDA (<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3>)

Make Sense of Food Labels

These numbers refer to the sample label for macaroni and cheese on the first page of this handout.

1. Serving Size

Start by looking at the serving size. That's the size of one serving. All the other facts on the label are based on this amount.

Also look at the number of servings in the package. This package contains two servings. So if you eat the whole package, you'll need to multiply all the other facts on the label by two. Use a calculator, if you'd like.

2. Calories

Knowing the calories can help you reach or stay at a healthy weight. The calories are the amount of energy you get from a serving of this food. Many Americans get more calories than they need. Try to get less than 30 percent of your calories from fat.

3. Limit These Nutrients

Most Americans get enough, or even too much, of these nutrients. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium can raise your risk of certain health problems. These include heart disease, some cancers, and high blood pressure.



Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%



Make Sense of Food Labels

4. Get Enough of These Nutrients

Most Americans don't eat enough fiber, vitamin A, vitamin C, calcium, and iron. Eating enough of these nutrients can improve your health and lower your risk of certain health problems.

For instance, getting enough calcium can help strengthen your bones and teeth. Eating plenty of fiber can help you lose weight and lower your cholesterol.



Other ways to find out nutrition facts:

- Computer apps
- Smart phone apps
- Websites



How to Cope With Challenges

It can be challenging to track your food. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
I’m too busy.	☐ Make time to track. It takes just a couple minutes after each meal. ☐ Remember why you are tracking—to lower your risk of type 2 diabetes!	☐ _____ ☐ _____ ☐ _____
I have trouble reading and writing.	☐ Record your voice with a smart phone or other device. ☐ Take a photo of your food. ☐ Ask your coach, friends, or family members to help write your food on your Food Log.	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____
I keep forgetting.	☐ Make tracking part of your daily routine. ☐ Put a reminder on your phone or computer. ☐ Set a timer. ☐ Leave yourself notes where you’ll see them. ☐ Ask friends and family to remind you.	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____
I don’t like to track.	☐ Share your results with others. ☐ Give yourself a small (nonfood) reward for meeting your food goals. ☐ Ask a friend or family member to track their food too. ☐ Try smart phone and computer apps.	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____