



MOVE! Weight Management Program for Veterans



VETERAN FOOD AND PHYSICAL ACTIVITY LOG



VA



U.S. Department of Veterans Affairs
Veterans Health Administration

FOOD & ACTIVITY LOG

My Healthy Plate

Use these guidelines to measure “how healthy is my plate?” Choose vegetables, whole grains, low-fat dairy products, fruits, and lean protein. Eating from all food groups helps make sure you get all the nutrients you need.

If you are concerned about changing your diet or increasing your physical activity talk to your MOVE! care team and your Primary Care Provider to develop a plan that is specialized for you.

50%

Non-Starchy
Vegetables
and Fruits

one-half plate • non-starchy vegetables & fruits

9" Plate

**Optional items
include:**

a small amount
of low-fat dairy
and a drink
with little or
no calories.

25%

Starch or
Starchy
Vegetables

one-quarter plate • grains & starchy vegetables

9" Plate

one-quarter plate • lean meat / protein

25%

Protein

Rate of Perceived Exertion Chart

You can use the RPE chart to rate how hard you are exercising. Cardio activities should be done at levels 4-8, or moderate to vigorous. Strength activities should be done at levels 7-9, or vigorous to very hard.

10

MAX EFFORT ACTIVITY

Feels almost impossible to keep going.
Completely out of breath/unable to talk.

9

VERY HARD ACTIVITY

Very difficult to maintain exercise intensity.
Can barely breathe or speak a single word.

7-8

VIGOROUS ACTIVITY

On the verge of becoming uncomfortable.
Short of breath/can speak a sentence.

4-6

MODERATE ACTIVITY

Feels like you can exercise for hours. Breathing heavily/can have a short conversation.

2-3

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and have a conversation.

1

VERY LIGHT ACTIVITY

Anything other than sleeping. For example, watching TV, riding in a car.

Approximate Calorie Content of Common Foods

Fruit: 60 calories per serving	Serving Size
Apple, Orange, Peach, Pear, raw (small)	1 (3 oz)
Applesauce (no sugar added)	½ cup
Apricots, dried	8 halves
Banana (medium)	½
Berries (blackberries or blueberries)	¾ cup
Cantaloupe or honeydew melon	1 cup
Cherries	12
Canned fruit, in light syrup or juice	½ cup
Dates	3
Fruit Cocktail	½ cup
Grapefruit (medium)	½
Grapes (small)	15
Kiwi (large)	1
Mandarin oranges	¾ cup
Mango, fresh (small)	½
Papaya	1 cup
Pineapple, fresh	¾ cup
Plums, raw (small 2" diameter)	2
Raisins	2 Tbsp
Watermelon	1 cup
100% Juice (apple, orange, pineapple)	½ cup
100% Juice (cranberry, grape, or prune)	⅓ cup

Vegetables: 25 calories per serving | Serving Size: 1 cup raw or ½ cup cooked

- | | | | |
|---------------------------------------|---------------|-------------|------------------|
| • Asparagus | • Broccoli | • Greens | • Radishes |
| • Beans (green, waxed, snap, Italian) | • Cabbage | • Lettuce | • Sauerkraut |
| • Bean sprouts | • Carrots | • Mushrooms | • Spinach |
| • Beets | • Cauliflower | • Okra | • Squash, summer |
| • Brussels sprouts | • Celery | • Onion | • Tomatoes |
| | • Cucumber | • Pea pods | • Zucchini |
| | • Eggplant | • Peppers | |

Milk & Milk Products:

Low-Fat Milk Products (90-110 calories per serving)	Serving Size
Skim, ½% or 1% milk	8 ounces
Low-fat or fat-free soy milk	8 ounces
Buttermilk, low-fat	8 ounces
Yogurt (non-fat, artificially sweetened)	8 ounces
Reduced-Fat Milk Products (120-150 calories per serving)	Serving Size
2% milk	8 ounces
Regular soy milk	8 ounces
Yogurt (low-fat, artificially sweetened)	8 ounces
Whole Milk Products (150-170 calories per serving)	Serving Size
Whole milk	8 ounces
Goat's milk	8 ounces
Yogurt (whole milk, regular or plain)	8 ounces

Fats: 45 calories per serving

Unsaturated Fats	Serving Size
Avocado	2 Tbsp
Nuts (almonds, cashews, peanuts)	6-10 nuts
Margarine	regular (1 tsp), lite (1 Tbsp)
Mayonnaise	regular (1 tsp), lite (1 Tbsp)
Salad dressing	regular (1 Tbsp), lite (2 Tbsp)
Oil (canola, corn, peanut, olive)	1 tsp
Olives, black	8 large
Seeds (pumpkin, sunflower, sesame)	1 Tbsp
Saturated Fats	Serving Size
Bacon	1 slice
Butter	1 tsp
Chicken, pork or beef fat, lard	1 tsp
Cream, half & half or whipped	2 Tbsp
Cream, heavy	1 Tbsp
Cream cheese	regular (1 Tbsp), light (1 ½ Tbsp)
Sour cream	regular (2 Tbsp), light (3 Tbsp)
Non-dairy creamer	liquid (1 Tbsp), powdered (4 tsp)

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Meat & Meat Substitutes: 35-100+ calories per serving	
Low Fat (35-55 calories per serving)	Serving Size
Beans or peas, dried, cooked	¼ cup
Cheese (fat-free or low-fat)	1 ounce
Chicken or turkey, skin removed	1 ounce
Cottage cheese (fat free or low-fat)	¼ cup
Egg substitutes, plain	¼ cup
Egg whites	2
Fish, with no added fat (fresh or frozen)	1 ounce
Game (skinless duck, pheasant, venison)	1 ounce
Lean beef: (>90% lean ground; round or loin steak)	1 ounce
Lean pork (ham, loin chop, tenderloin)	1 ounce
Shellfish (clams, crab, lobster, shrimp)	1 ounce
Tuna or salmon, canned in water or oil	¼ cup
Medium Fat (75 calories per serving)	Serving Size
Beef (ground, prime trimmed of fat, ribs)	1 ounce
Cheese (reduced-fat)	1 ounce
Edamame	½ cup
Egg	1 large
Fish, fried	1 ounce
Lamb (ground, rib roast)	1 ounce
Pork (cutlet or shoulder roast)	1 ounce
Refried beans, canned	½ cup
Tofu	½ cup
High Fat (100 calories per serving)	Serving Size
Turkey bacon	3 slices
Pork bacon	2 slices
Baked beans, with pork, canned	½ cup
Cheese (regular)	1 ounce
Hot dog (regular)	1
Peanut Butter	2 Tbsp
Pork (ground, sausage, spareribs)	1 ounce

Starches & Grains: 80 calories per serving

Cereals, Grains & Pasta	Serving Size
Cereal, cooked (oatmeal, cream of wheat)	½ cup
Cereal, dry	see label
Rice, cooked (white, brown)	⅓ cup
Pasta, cooked (all kinds)	½ cup
Starchy Vegetables	Serving Size
Beans, cooked or canned (all kinds)	⅓ cup
Corn, cooked or canned	½ cup
Peas (green), cooked or canned	½ cup
Potato, baked	1 small (3 oz)
Potato (boiled or steamed), dumplings	½ cup
Spaghetti or pasta sauce	½ cup
Squash (acorn, butternut, hubbard)	1 cup
Yam or sweet potato	½ cup
Breads	Serving Size
Bread (white, wheat, rye)	1 slice
Bagel	½ small
Bun or roll (hamburger, hotdog, Kaiser)	½
Roll (dinner, hard)	1 small
English muffin (white or wheat)	½
Pita pocket bread (6 to 8-inches across)	½
Tortilla (6-inches), corn or flour	1
Crackers & Snacks	Serving Size
Graham crackers (squares)	3
Crackers	see label
Pretzels (hard)	¾ oz
Popcorn (light or air popped)	3 cups
Starches and Breads with fat (125-150 calories per serving)	Serving Size
Biscuit (2 ½ inches)	1
Chips (corn, taco, or tortilla)	1 oz
Chips (potato)	10-15
Refried beans, canned	⅓ cup
Rice (fried, Spanish)	½ cup

FOOD & ACTIVITY LOG

Instructions:

List **ALL** food and drinks that you had each day on the food/beverage log. Also, track any physical activity you did, of at least a moderate intensity, that lasted 10 minutes or longer.

Weekly Weigh-In:

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____

Day 5 _____ Day 6 _____ Day 7 _____

My Healthy Eating Goal:

My Physical Activity Goal:

Weekly Reflections or Questions:

Week 1 Day 1

Day/Date:

Food/Beverage:

Physical Activity:

Week 1 Day 3

Day/Date:

Food/Beverage:

Physical Activity:

Week 1 Day 5

Day/Date:

Food/Beverage:

Physical Activity:

Week 1 Day 7

Day/Date:

Food/Beverage:

Physical Activity:

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Weekly Weigh-In:

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My Physical Activity Goal:

Weekly Reflections or Questions:

Week 2 Day 1

Day/Date:

Food/Beverage:

Amount:

Physical Activity:

Minutes:

Week 2 Day 3

Day/Date:

Food/Beverage:

Amount:

Physical Activity:

Minutes:

Week 2 Day 5

Day/Date:

Food/Beverage:

Amount:

Physical Activity:

Minutes:

Week 2 Day 7

Day/Date:

Food/Beverage:

Amount:

Physical Activity:

Minutes:

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Keys to Weight Management Success:

Making a commitment to your weight management goals is critical to success.

- Identify your reasons for wanting to lose weight.
- Set goals that you can reach.
- Eat wisely to cut extra calories.
- Be physically active to improve your health.
- Make lifestyle changes that you can maintain.
- Weigh yourself at least weekly—daily is best.
- Keep a daily record of what you eat and your physical activity.
- Ask your family, friends, and MOVE! team for the support you need.
- Make other life changes to help reach and maintain your desired weight.
- **Celebrate your success!**

