

## Top 5 Strategies for Eating Well

1. Read food labels like a pro — think before you eat.
2. Choose foods lowest in sodium — add a dash at the table instead.
3. Limit or avoid added sugars in foods and beverages.
4. Eat more fish, fruits, vegetables and whole grains.
5. Control portions to help control calories.

eat well  
move more



# live well

food and fitness tracker

## personal information and important contacts

TIP: For best results use a ball-point pen.

name \_\_\_\_\_

address \_\_\_\_\_

phone \_\_\_\_\_ e-mail \_\_\_\_\_

### in case of emergency

contact \_\_\_\_\_ phone \_\_\_\_\_

contact \_\_\_\_\_ phone \_\_\_\_\_

allergies \_\_\_\_\_

medications \_\_\_\_\_

### nutrition coach / fitness coach

contact \_\_\_\_\_ phone \_\_\_\_\_

contact \_\_\_\_\_ phone \_\_\_\_\_

### pharmacy

contact \_\_\_\_\_ phone \_\_\_\_\_

### health insurance company

name \_\_\_\_\_

phone \_\_\_\_\_ policy number \_\_\_\_\_

**This Food & Fitness Tracker** will become one of your best tools for helping you reach your food and fitness goals. Carry it wherever you go ... record your daily choices ... learn from your successes and slips ... see your progress ... achieve your goals.

**Note:** The advice in this Personal Best® Food & Fitness Tracker is not intended to serve as a substitute for professional care. Before making significant changes to your diet or exercise level, you may need to talk to your doctor or health care provider.

## get the most from your tracker

### set yourself up for success

**Carry the tracker** to record what and how much you eat and drink, and the approximate calories for each item. The Calorie Guide in the back of this book can help.

**Each day, record** your foods and beverages, plus your physical activity.

**Note your mood — your energy level or how you feel — at mealtimes and during snacks.** This is a great way to discover eating and energy patterns, or emotions that may drive when or how much you eat.

**Log the number of hours you sleep.** Quality sleep and routine sleep are essential to good health. Research links frequent lack of good sleep to weight gain, fatigue and stress.

**Accomplish your goals.** People who track their habits in a daily journal stand a better chance of succeeding at their weight, exercise and nutrition goals.

**Set a simple goal each day** such as eating an extra serving of fruits and vegetables, walking a little farther or faster, or drinking an extra glass of water to ease cravings. Over time you'll get closer to your bigger health goal.

MY GOALS: **At the end of this program, I want to:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## your food plan and fitness goals

**Calorie activity tool:** You can easily calculate many activities and exercises using your exact weight at Shape Up America! ([www.shapeup.org/interactive/phys1.php](http://www.shapeup.org/interactive/phys1.php)).

**Eating should be enjoyable:** Good choices help sustain your body and boost your health so you can work well and live well.

**Are you trying to eat better, lose weight or do both?**

Small changes over time make a big difference.

### What is smart eating?

- ✓ Portion control
- ✓ Reducing sodium
- ✓ Little added sugars
- ✓ More fish and keeping meat portions small
- ✓ Low-fat or nonfat dairy items
- ✓ Eating slowly

**A daily plan right for most everyone includes:**

At least 2 cups of fruit and 2½ cups of vegetables

Six to eight cups of water

At least 30 minutes of aerobic activity

Seven to eight hours of quality sleep

Keeping daily calories at an amount that makes sense based on your age, gender and physical activity level

### sample calorie needs for ages 30-50

	average daily calorie needs	
daily activity	men	women
< 30 minutes	2,300	1,800
30-60 minutes	2,500	2,100
> 60 minutes	2,900	2,300

Lose 1 pound per week : Try the 500 Rule

see [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov), a dietitian or your health care provider for help

## health is one of the pleasures of life

If you're like many people, reaching or maintaining a healthy weight is your No. 1 priority.

**How do you measure up?** One sign that you may be overweight is your waist circumference. **To measure it:**

- 1 Run a tape measure around your body just above your navel.
- 2 A measurement of more than 35 inches (for women) or 40 inches (for men) may increase your health risks.

For people who are overweight, losing just 10% of your current weight may significantly improve your health — provided you keep it off.

Current Weight:  Weight Goal:

**Tip:** If losing 20 or 30 pounds seems hard, focus on losing just 1 to 2 pounds a week — that's 10 pounds in five to 10 weeks.

### 500 rule — Lose 1 pound a week by cutting 500 calories a day this way:

- ✓ Depending on your weight and speed, you can burn up to 250 calories with a long, fast walk.
- ✓ Consume 250 fewer calories, such as smaller portions and one less beverage or snack.

**Turn up the intensity for aerobic fitness and weight loss:**

**Moderate activity** produces a little sweat — aim to add it up to 2.5 hours each week.

**Vigorous activity** causes rapid breathing — aim for 1 hour, 15 minutes each week.

**To lose weight**, target 60 to 90 minutes of extra activity most days of the week.

**Note:** You may need your health care provider's OK before raising your exercise level like this.

compare calorie intake to calories burned

**Food Groups & Basic Daily Needs** (Based on 2,000 Calories/Day)



**6 ounces of grains**

1 ounce = about ½ cup of cooked rice, pasta or barley; 1 slice of bread; or roughly 1 cup of whole-grain cereal (uncooked); make at least half your grains whole grains.



**At least 2 cups of fruits**

Whole fruit is best, not juice.



**At least 2½ cups of vegetables**

Subgroups: dark green, orange, starchy, dry beans and peas, etc.



**3 cups of dairy**

Skim or low-fat milk, yogurt or other milk equivalent.



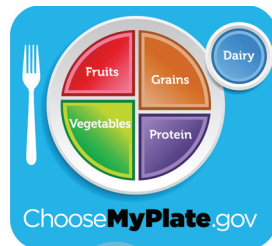
**5 to 6 ounces of meat and beans**

1 ounce = 1 ounce of poultry, fish or lean meat; 1 egg; 1 tbsp peanut butter; ¼ cup dried beans.



**5 teaspoons of oils and fats**

Such as cooking oils, dressings and nuts.



**Healthy Plate Portions**

- ½ a mix of fruits and vegetables
- ¼ low-fat, protein-rich foods
- ¼ 100% whole-grain breads, pasta or brown rice

**make a colorful plate**

**quick guide to serving sizes**

**grains**

1 cup dry cereal (1 ounce) = baseball  
 ½ cup cooked pasta (1 ounce) = small computer mouse

**fruits**

1 small apple (1 cup) = baseball  
 ½ cup sliced fruit = ice cream scoop

**vegetables**

1 cup raw vegetables = baseball

**dairy**

1 ounce cheese = 4 dice  
 ½ cup frozen yogurt = ice cream scoop

**meat and beans**

½ cup beans (2 ounces) = small computer mouse  
 3 ounces poultry, fish or meat = deck of cards

**visual guide** : quick clues for portion control



= 1 cup



= ½ cup



= ½ cup



= 3 ounces



= 1 ounce

**Portion control is easier when you:**

- Use measuring cups and spoons
- Premeasure amounts and set aside for convenience
- Read food labels for serving size and calorie details



Learn your daily calorie needs at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

Sources: USDA Dietary Guidelines for Americans, 2010, "How Much Do You Eat?" USDA Food and Nutrition Service. Accessed 7/22/11 at [www.fns.usda.gov/TN/Resources/howmuch.pdf](http://www.fns.usda.gov/TN/Resources/howmuch.pdf).

# quick guide to calories burned in 10 minutes of activity

The calories you burn through physical activity are affected by the type of activity and your weight — it takes more energy (calories) to move more weight. Calculate your daily activities at Shape Up America! ([www.shapeup.org/interactive/phys1.php](http://www.shapeup.org/interactive/phys1.php)).

ACTIVITY CALORIES/ 10 MINUTES	100- 130 LBS	131- 160 LBS	161- 190 LBS	191- 220 LBS	221- 250 LBS	251- 280 LBS	281- 300 LBS
Bicycling	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Bowling	20	20-30	30-40	40	40-50	50-60	60
Dancing	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Gardening	30-40	40-60	60-70	70-80	80-90	90-100	100-110
Golf	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Hiking	30	40-60	60-70	70-80	80-90	90-100	100-110
House cleaning	20-30	30-40	40-50	50	50-60	60-70	70
Running (8.5 min/mile)	80-110	110-130	130-160	160-190	190-210	210-240	240-250
Lawn mowing (power)	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Racquetball	50-60	60-80	80-100	100-110	110-130	130-140	140-150
Resistance training, circuit	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Rollerblading	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Rowing	50-60	60-80	80-100	100-110	110-130	130-140	140-150
Stairclimbing	40-50	50-70	70-80	80-90	90-110	110-120	120-130
Swimming, easy crawl	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Tennis, singles	60-70	70-90	90-110	110-130	130-150	150-160	160-180
Walking (3.5 mph)	30	30-40	40-50	50-60	60-70	70-80	80-90
Walking (4.5 mph)	30-40	40-50	50-60	60-70	70-80	80-90	90-100
Weightlifting	20	20-30	30-40	40	40-50	50-60	60
Wheelchair, fwd, 15 W	30-50	50-60	60-70	70-80	80-100	100-110	110
Yoga	30	30-40	40-50	50-60	60-70	70-80	80-90

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## raise your heart rate during exercise

## state a simple goal each day

today's goal: take a 30-min walk during lunch break  
 day, date: sample day  
 weigh-in: 145 lbs.

time mood	food and drink items	calories or other	fruit/veg servings
8 a.m.	boiled egg, cantaloupe chunks whole-grain toast (slice) skim milk, tea	78, 54 75 3, 0	0, 1 c 0 0, 0
11 a.m.	chicken breast, whole-grain roll vinaigrette & salad (lettuce, tomato, bell pepper, cucumber)	165, 74 52, 33	0, 0 0, 2½ c
3:30 p.m.	tomato juice nonfat fruit yogurt almonds	86 119 69	½ c 0, 0 0, 0
7 p.m.	evoo, baked salmon brown rice, asparagus mango	80, 184 108, 43 107	0, 0 0, 1 c ½ c
	moods 😊 😐 😞 😄	total = 1,410	5½ c

physical activity and exercise time(s):  
 water: ☑☑☑☑ or 6c  
 lunchtime walk (30 min), walk to bus (10 min) & back home (10 min)  
 sleep: Zzzz 8 hrs.

Today: ○ Success is mine! ○ It's getting easier. ○ I will do better.

Weigh-in:

## get started : make progress

my biggest obstacles:

My energy level:

- high  
 medium  
 low

my winning ways:

How I feel:

- super!  
 fine  
 ok  
 blah

my upcoming fitness events:

## make progress : keep going





## calorie guide

BEVERAGES	amount	calories
Apple juice, canned/bottled, unsweetened	1 cup/8 oz	114
Beer, light	12 oz	103
Beer, regular	12 oz	153
Carbonated cola, sugar-free, no caffeine	16 oz	5
Carbonated ginger ale	12 oz	124
Carbonated orange drink	12 oz	179
Carbonated water	12 oz	0
Chocolate-flavored mix, with nonfat milk	1 serving	160
Coffee or Tea, brewed from grounds	1 cup	0
Cranberry juice, unsweetened	1 cup	116
Distilled alcohol (e.g., gin, vodka, whiskey)	1 jigger (1.5 oz)	97
Fruit juice drink	1 cup	114
Grape juice, canned/bottled, unsweetened	1 cup	152
Lemonade, from concentrate	1 cup	99
Orange juice, canned, unsweetened	1 cup	117
Orange juice, from concentrate, unsweetened	1 cup	110
Pineapple juice, canned, unsweetened	1 cup	133
Prune juice, canned/bottled	1 cup	182
Sports drink	20 oz	65-158
Tea, instant powder, sugar-sweetened	1 tbsp	89
Tomato juice, no added salt	1 cup	172
Wine, assorted red or white	5 oz	125

FATS & OILS	amount	calories
Butter	1 tbsp	100
Butter, light, stick	1 tbsp	50
Cooking oil (e.g., olive, corn, canola, sesame)	1 tbsp	119
Mayonnaise, light	1 tbsp	49
Margarine, hard, soybean	1 tbsp	102
Margarine spread, light, canola (no trans fat)	1 tbsp	50
CONDIMENTS & DRESSINGS	amount	calories
Barbecue sauce, low sodium	1 tsp or 1 packet	21
Caesar dressing, low-calorie	1 tbsp	17
Dijon-style mustard	1 tsp	2
Honey mustard	1 tbsp	50
Horseradish, prepared	1 tsp	10
Italian dressing, fat-free	1 tbsp	7
Italian dressing, low-fat	1 tbsp	28
Ketchup	1 tbsp	15
Mustard, prepared, yellow	1 tsp or 1 packet	3
Ranch dressing, reduced fat	1 tbsp	29
Ranch dressing, regular	1 tbsp	73
Salsa, ready-to-serve	1 tbsp	4
Spray-style dressing, assorted flavors	about 10 sprays	13
Thousand Island dressing, fat-free	1 tbsp	21
Vinaigrette-style dressing, vinegar and oil	1 tbsp	72

choose 100% whole-grain breads and cereals

## calorie guide

DAIRY & CHEESE PRODUCTS	amount	calories
Milk, whole, 3.25% milkfat	1 cup/8 oz	146
Milk, 2% milkfat	1 cup	122
Milk, 1% milkfat	1 cup	102
Milk, nonfat	1 cup	83
Milk, dry, nonfat, instant	1/3 cup	80
Milk, chocolate, reduced-fat	1 cup	195
Buttermilk, cultured, low-fat	1 cup	98
Cream, fluid, half and half	1 tbsp	20
Cream, fluid, light whipping	1 tbsp	44
Sour cream, reduced fat	1 tbsp	20
Yogurt, fruit, low-fat, with low-cal sweetener	1 cup	238
Yogurt, fruit variety, nonfat	1 cup	119
Yogurt, plain, nonfat	8 oz	127
Cheese, American, processed, nonfat	1 slice	31
Cheese, cheddar or Colby, low-fat	1 oz	114
Cheese, gouda	1 oz	101
Cheese, mozzarella, part skim milk	1 oz	72
Cheese, Parmesan, dry grated, reduced-fat	1 tbsp	13
Cottage cheese, 1% milkfat	1/2 cup	81
Cottage cheese, 2% milkfat	1/2 cup	97
Cream cheese	1 tbsp	43
Cream cheese, fat-free	1 tbsp	16

EGG PRODUCTS	amount	calories
Egg, white, raw	1 large	16
Egg, whole, raw	1 extra large	80
Egg, whole, hard-boiled/poached	1 large	78
Egg substitute, liquid	1 cup	211
POULTRY (all cooked)	amount	calories
Chicken, dark meat, skinless	3 oz	201
Chicken, broilers/fryers, skinless breast	1/2 med breast	142
Cornish game hen	1/2 bird	147
Duck, young, domesticated, skinless breast	1 cup	244
Turkey, breast, roasted	3 oz	132
Turkey, dark meat, roasted	3 oz	157
Turkey, ground	4 oz	150
Turkey, ground breast	4 oz	120
MEATS	amount	calories
(all cuts cooked and fat-trimmed to 0-1/8" unless noted)		
Bacon	3 med slices	103
Beef, chuck, blade roast (all grades)	3 oz	215
Beef, cured, corned beef/brisket	3 oz	213
Beef, flank, choice, raw	3 oz	126
Beef, ground, 5% fat	3 oz	145
Beef, ground, 30% fat	3 oz	230
Beef, jerky, chopped, formed	1 oz	116

watch for eating patterns

## calorie guide

SEAFOOD (all cooked)	amount	calories
Atlantic cod	3 oz	89
Clams, canned, drained	3 oz	126
Crab, Alaska King	3 oz	82
Crab, blue, canned	1 cup	134
Flatfish (flounder, grouper, haddock, sole)	3 oz	99
Halibut, Atlantic/Pacific	3 oz	119
Lobster, northern	3 oz	83
Mackerel, Atlantic	3 oz	223
Oyster, eastern, farmed	6 med	47
Rainbow trout, wild	3 oz	128
Salmon, Chinook, smoked	3 oz	100
Salmon, pink, canned, bone and liquid	3 oz	118
Salmon, sockeye, cooked	3 oz	184
Shrimp, mixed species	3 oz	84
Surimi	3 oz	84
Tilapia	3 oz	71
Tuna, light, canned in water, drained	1 cup	179

SNACKS	amount	calories
Corn tortilla chips, home-baked	6 triangles	52
Pita Chips	6 chips	85
Popcorn, air-popped, plain	1 cup	31
Pretzels, hard, whole-wheat	1 oz	103

SOY-BASED PRODUCTS	amount	calories
Miso paste	¼ cup	157
Tempeh starter	¼ cup	80
Soy creamer	1 tbsp	15
Soy yogurt, plain, nonfat	1 cup	200
Soy milk, chocolate	1 cup	153
Soy milk, light, chocolate and other flavors	1 cup	114
Soy milk, light, original and vanilla	1 cup	73
Soybeans, dry roasted	¼ cup	194
Tofu, firm	½ cup	88
Tofu, raw, regular	½ cup	94
Tofu, soft, cubes	1 cup	151

SWEETS	amount	calories
Brown sugar	1 tbsp, packed	52
Caramel syrup	1 tbsp	60
Chocolate syrup	1 tbsp	52
Fruit syrup	1 tbsp	53
Granulated sugar	1 tsp	15
Honey	1 tbsp	64
Jams and preserves	1 tbsp	58
Jellies	1 tbsp	55
Maple syrup	1 tbsp	52
Molasses	1 tbsp	58

opt for beans and other vegetarian fare once a week

## calorie guide

GRAIN PRODUCTS	amount	calories
Bagels, plain, enriched	1 (3" dia)	148
Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	1 (2 ¼" dia)	63
Bread, French or sourdough	1 average slice	92
Bread, whole-grain	1 average slice	75
Bread, pita, whole-wheat or white	1 (4" dia)	74
Bread, whole-wheat, commercial	1 average slice	69
Buns, hamburger or hotdog, plain	1	120
English muffins, plain, enriched	1	129
Crackers, saltine	4	51
Crackers, Melba toast, plain	4	78
Crackers, whole-wheat	4	71
Crackers, sesame rye, whole-grain	2	60
Crackers, table water	5	70
Rice, whole, brown, long-grain, cooked	1 cup	216
Rice, white, long-grain, cooked	1 cup	206
Wild rice, cooked	1 cup	166
Pasta, fresh/refrigerated, plain, cooked	2 oz	76
Pasta, assorted, enriched, cooked	1 cup	221
Pasta, whole-wheat, assorted, cooked	1 cup	174
Noodles, egg, enriched, cooked	1 cup	221
Spaghetti, enriched, cooked	1 cup	221

GRAIN PRODUCTS	amount	calories
Spaghetti, whole-wheat, cooked	1 cup	174
Barley, pearled, cooked	1 cup	193
Buckwheat oats, roasted, cooked	1 cup	155
Bulgur (cracked wheat), cooked	1 cup	151
Couscous, cooked	1 cup	176
Quinoa, cooked	1 cup	222
Cereal, oat bran, cooked	1 cup	88
Cereal, whole-grain oats, cooked	6 oz	115
Cereal, cream of wheat, cooked	1 cup	129
Cereal, raisin bran	1 cup	196
Cereal, shredded wheat and bran	1 cup	157

LUNCHEON MEATS	amount	calories
Bologna, beef, low-fat	1 slice	57
Chicken breast, oven-roasted	2 slices (1 srv)	33
Ham, extra lean	2 slices	61
Ham, regular (approx 11% fat)	2 slices	62
Pastrami, beef, 98% fat-free	6 slices (1 srv)	54
Pastrami, turkey	2 slices	76
Roast beef, deli cut	1 slice	33
Salami	1 slice	53
Turkey breast meat	1 slice	22
Turkey, breast, rotisserie, deli cut	1.7 oz (1 srv)	54

win with portion control

## calorie guide

FRUITS	amount	calories
Apple	1 medium	72
Applesauce, canned/unsweetened	1 cup	102
Apricot	1 medium	17
Asian pear	1 average	51
Avocado	1 oz	34
Banana, sliced	1 cup	134
Blackberries	1 cup	62
Blueberries	1 cup	84
Cantaloupe chunks	1 cup	54
Cherries, sour	1 cup	52
Cranberries, whole	1 cup	46
Fig	1 medium	37
Fruit cocktail, canned, water pack	1 cup	76
Grapefruit	½ large	53
Grapes, red or green, seedless	10	34
Guava	1 average	37
Honeydew melon chunks	1 cup	61
Kiwi	1 average	56
Lemon	1 average	17
Lime	1 average	20
Mandarin orange	1 small	40
Mango	1 average	135
Nectarine	1 small	57

FRUITS	amount	calories
Orange	1 average	65
Papaya chunks	1 cup	55
Peach	1 small	51
Pear	1 small	86
Pineapple chunks	1 cup	82
Plum	1 average	30
Plum, dried (prunes)	1 average	24
Raisins, seedless	½ cup, not packed	217
Raspberries	1 cup	64
Strawberries	1 cup, halves	49
Watermelon chunks	1 cup	46

LEGUME PRODUCTS	amount	calories
Beans, baked, canned, plain or vegetarian	1 cup	239
Beans, black, cooked	1 cup	227
Beans, great northern, canned	1 cup	299
Beans, kidney, cooked	1 cup	219
Beans, navy, cooked	1 cup	255
Beans, pinto, cooked	1 cup	245
Chickpea/garbanzo beans, canned	1 cup	286
Lentils, cooked	1 cup	230
Peas, split, cooked	1 tbsp	27
Refried beans, canned, no added fat	1 cup	183

substitute fish for meat at least twice a week

## calorie guide

VEGETABLES	amount	calories
Alfalfa sprouts	1 cup	8
Artichokes, cooked	1 medium	64
Asparagus, cooked	4 spears (½" base)	13
Bamboo shoots, canned, drained solids	1 cup	25
Beans, snap, green	1 cup	34
Beets	1 cup	58
Bell peppers, sweet, chopped	1 cup	30
Broccoli, chopped	1 cup	31
Brussels sprouts, cooked	½ cup	28
Cabbage, shredded	1 cup	18
Carrots, chopped	1 cup	52
Cauliflower	1 cup	25
Celery, chopped	1 cup	16
Chinese cabbage, cooked	1 cup	20
Corn, whole kernel, canned, drained solids	1 cup	133
Corn, kernels on cob, frozen, cooked	1 ear	59
Cucumber, peeled, sliced	1 cup	14
Edamame (soybeans), frozen, prepared	1 cup	189
Eggplant, cubes	1 cup	20
Hearts of palm, canned	1 piece	9
Jicama, sliced	1 cup	46
Kale, chopped	1 cup	34

VEGETABLES	amount	calories
Lettuce, iceberg types, shredded	1 cup	10
Mushrooms, whole white	1 cup	21
Mustard greens, chopped, cooked	1 cup	29
Okra	1 cup	31
Onions, chopped	1 cup	64
Peas, green	1 cup	134
Potatoes, white or red, flesh and skin, raw	1 med	147
Pumpkin, canned	1 cup	83
Radishes, sliced	1 cup	19
Spinach, cooked	1 cup	41
Squash, summer, cooked	1 cup	36
Squash, winter, acorn, cooked	1 cup	115
Squash, winter, butternut	1 cup	62
Squash, winter, spaghetti, cooked	1 cup	42
Sweet potato, cooked	1 med	131
Tomatoes, red, ripe, cherry	1 cup	27
Tomatoes, red, ripe, chopped	1 cup	38
Tomatoes, canned, whole	1 cup	50
Turnip chunks	1 cup	37
Yam, boiled, no skin	1 med	119

Source: USDA National Nutrient Database for Standard Reference

when eating out, look for grilled, poached, steamed or roasted items