

Getting Started: Nutrition

Keep your nutrition goals on track with **My SMART Goal Sheet** and **My Food Diary**.



Here's how:

- 1. Set Personal Goals.** Use the My SMART Goal Sheet to set goals that are specific, measurable, achievable, relevant and timely.
- 2. Study.** Carefully read the diary entries and serving size information before beginning your food diary.
- 3. Record Your Progress.** Keep a record of your food intake every day so that you can review it with a dietitian.

Review your food diary in more detail with a dietitian.

Call **1-800-SCRIPPS (1-800-727-4777)** to schedule an appointment.

*Always consult your physician or dietitian prior to beginning a nutrition program.

**This food diary is intended to be an example of how to set goals and keep track of the food you are eating.

My SMART Goal Sheet

TODAY'S DATE: _____ TARGET DATE: _____ START DATE: _____ DATE ACHIEVED: _____

GOAL: _____

Verify that your goal is SMART:

Specific: What exactly will you accomplish?

Measurable: How will you know when you have reached this goal?

Achievable: Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?

Relevant: Why is this goal significant in your life?

Timely: When will this goal be achieved?

Measuring My Food

Diary Entries

It is important that you make accurate food diary entries.

AMOUNTS	EXAMPLE
3 teaspoons (tsp) = 1 tablespoon (Tbsp)	Use teaspoons or tablespoons for small items such as: jelly, sugar, syrup, gravy, salad dressing, butter, margarine and condiments.
1 measuring cup = 8 oz	Use a measuring cup for such items as: vegetables, rice, noodles, cereals, soups, stews, casseroles, ice cream, pudding and canned fruit.
Ounces or Dimensions	Use ounces or dimensions for items such as: meat, fish, poultry, cheese, pizza, cakes, pies, cookies and muffins.
Number and size (small, medium, large) or ounces	Use number and/or size for items such as: breads, rolls, chips, crackers, pretzels, candy, lunch meats, and raw fruit.
COOKING METHOD	Baked, fried, grilled, stir fried, trimmed or untrimmed, poultry with or without skin, etc.
FATS	Fried in olive oil or butter, brushed with canola oil etc.
LOCATION WHERE FOOD WAS CONSUMED	At home, restaurant or other location.
PORTION SIZES AND VISUAL CUES	Watching portion/serving size is just as important as the foods you choose to eat. See examples listed in "Serving Size"

Serving Size

FOOD GROUPS	EXAMPLE	ONE SERVING SIZE EQUALS	VISUAL CUES
STARCH	Bread	1 slice of bread	CD case
	Bagel	1 oz or ¼ bagel	Small can tuna
	Rice, Pasta	½ cup cooked	½ a tennis ball, small fist
	Cereal	¾ cup dry or ½ cup cooked	Small fist, computer mouse
FRUIT		1 small to medium piece	Tennis ball
		½ cup of juice	Small juice glass
		¼ cup dried fruit	Golf ball, large egg
VEGETABLES		1 cup raw	Light bulb, baseball
		½ cup cooked	½ a tennis ball, small fist
PROTEIN	Meat, Poultry, Fish	3 oz	Deck of cards, palm of woman's hand
	Beans, Peas, Lentils	½ cup	½ a tennis ball, small fist
	Cheese	1 oz	1-inch cube, 4 dice, lipstick tube
DAIRY	Milk	1 cup or 8 oz	Light bulb, baseball
	Yogurt	⅔ cup or 6 oz	Small fist, computer mouse
ALCOHOL	Wine	5 oz	Small wine glass
	Beer	12 oz	One can or bottle
FATS & OILS		1 teaspoon	Tip of thumb to first knuckle, a quarter

