

# EXCHANGE RECORD & FOOD DIARY



TAKE OFF POUNDS  
SENSIBLY

Date: \_\_\_\_\_ Daily calorie goal: \_\_\_\_\_ Daily exercise goal: \_\_\_\_\_

If it passes your lips, *write it down* to become aware of what you are eating and how much.

**\*Note about protein and milk exchanges:** Choose proteins with 5 grams of fat or less per serving. Proteins were formerly known as meat and meat substitutes. Be aware of the extra fat in 2% or whole-milk foods.

MENU	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Snack							
Exercise							
Water	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□	□□□□ □□□□
<b>For 1,200 Calorie Level</b>							
PROTEIN* □□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□
STARCH .....□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
FRUIT .....□□□	□□□	□□□	□□□	□□□	□□□	□□□	□□□
FAT .....□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
MILK* .....□□	□□	□□	□□	□□	□□	□□	□□
VEGETABLE .....□□	□□	□□	□□	□□	□□	□□	□□
FREE FOOD ....□□□	□□□	□□□	□□□	□□□	□□□	□□□	□□□
<b>Add for 1,500</b>							
STARCH .....□□	□□	□□	□□	□□	□□	□□	□□
FRUIT .....□	□	□	□	□	□	□	□
FAT .....□	□	□	□	□	□	□	□
VEGETABLE .....□□	□□	□□	□□	□□	□□	□□	□□
<b>Add for 1,800</b>							
STARCH .....□□	□□	□□	□□	□□	□□	□□	□□
FRUIT .....□	□	□	□	□	□	□	□
FAT .....□□	□□	□□	□□	□□	□□	□□	□□
<b>Add for 2,000</b>							
PROTEIN* .....□	□	□	□	□	□	□	□
STARCH .....□□	□□	□□	□□	□□	□□	□□	□□
<b>Add for 2,200</b>							
STARCH .....□	□	□	□	□	□	□	□
FAT .....□□	□□	□□	□□	□□	□□	□□	□□
VEGETABLE .....□□	□□	□□	□□	□□	□□	□□	□□