

Daily Journal for Food Breakdown – Date _____

Begin by journaling food for one day – use the food label to find grams for each element below or look up online – if you eat more or less than one serving of food adjust accordingly. Not all labels have all the information.

Food Item	Calories	Protein	Carbs	Fat	Sugar	Fiber	Sodium

Total your calories and counts for each meal, snack and then the entire day – take note of what is going into your body – are there areas to watch? *Calories suggested by USDA Sedentary= light physical activity, typical day-to-day life. Mod active = walking about 1.5 to 3 miles per day at 3 to 4 miles per hour. Active = walking more than 3 miles per day at 3 to 4 miles per hour

Age	MEN			WOMEN		
	Sedentary	Mod Active	Active	Sedentary	Mod Active	Active
21–25	2,400	2,800	3,000	2,000	2,200	2,400
26-35	2,400	2,600	3,000	1,800	2,000	2,200
36-40	2,400	2,600	2,800	1,800	2,000	2,200
41-50	2,200	2,600	2,800	1,800	2,000	2,200
51-60	2,200	2,400	2,600	1,600	1,800	2,200
61-65+	2,000	2,400	2,600	1,600	1,800	2,000