

SIMPLE DIET DIARY

Green / Yellow / Red Light

*** No white sugar, flour or processed foods ***

Date: _____

Exercise: _____ Minutes

Food Group	Servings Per Day			Examples
Breads / Cereals Starches	Breakfast <input type="radio"/> _____	Lunch <input type="radio"/> _____	Dinner <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____	<ul style="list-style-type: none"> ½ Cup Wholegrain Cereal or Pasta ½ Cup Brown Rice 1 Sandwich Round 1 Slice Whole Wheat Toast
Fruit (4 Servings)	First <input type="radio"/> _____	Second <input type="radio"/> _____	Third <input type="radio"/> _____ Forth <input type="radio"/> _____	<ul style="list-style-type: none"> ½ Banana 1 Piece Fresh Fruit ½ Cup Juice 15 Grapes
Meats / Protein	Breakfast <input type="radio"/> _____ (2 oz.)	Lunch <input type="radio"/> _____ (3 oz.)	Dinner <input type="radio"/> _____ (6 oz.)	<ul style="list-style-type: none"> Beef, Poultry, Fish, Low Fat Cheese, Shell Fish, Eggs
Fats	Breakfast <input type="radio"/> _____	Lunch <input type="radio"/> _____ <input type="radio"/> _____	Dinner <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____	<ul style="list-style-type: none"> 1 teaspoon Olive Oil or Oil 1 teaspoon Margarine 1 teaspoon Butter 1 Tablespoon Salad Dressing
Milk (2 Servings)	First <input type="radio"/> _____	Second <input type="radio"/> _____		<ul style="list-style-type: none"> 1 Cup Skim Milk or 1% Yogurt 6 Ounces Plain or Vanilla Yogurt

Additional Food Groups Items: Non-Starchy Vegetables (Raw or Cooked) are free. Coffee and unsweetened ice tea are free.

Important: Make sure you drink 2-3 bottles of water per day (total: 32 – 48 oz.) NO CHIPS, CANDY OR BINGE FOODS.