



Healthy Eating Log

Name:

Building:

Beginning Date:

These logs are based on the minimum recommended nutrition requirements set by the USDA. Participants are required to track and record their nutritional intake for a period of three weeks. Each individual has different nutrition needs as defined by age, gender, current weight and health status, and physical activity level. Participants are required to understand the basics of healthy eating. This is not a diet! Eating healthy incurs understanding three basic principles.

Caloric Balance – As mentioned, each individual has different needs dependant on various factors. Understanding your specific caloric need and meeting this need by using the correct ratios of macronutrients is the first step to achieving a balanced lifelong healthy diet.

Portion Control – Portion Control refers to the use of visual depictions to estimate caloric or macronutrient content of meals. Many of the diet related health problems we face in America are a direct result of our inability to control the amount of food we eat.

Eat For Fuel – This basic principle relies on the notion that you are the best tool to determine your overall caloric need. Stress, increased or decreased physical activity, and other health related problems affect your body's need for calories. Understanding this concept will aid in distinguishing individual changes in caloric or nutritional need.

Estimation of Caloric Need

There are many resources you can use to determine your caloric need. You may contact the district wellness coordinator or use one of the many resources found on the district wellness website. Participants are urged to use the MyPyramid.gov website. In the space provided please input your specific caloric need.

Your Estimated Caloric Need:

Submit all logs via campus mail to Shawn Roderick at Hall McCarter Education Center
or send via email to sroderick@bssd.net.



HEALTHY EATING LOGS CONTINUED

Please choose one meal per day and determine the total calories for the meal. Please stick to the meal you have chosen for the entire three week period. There are many ways to determine caloric content. However, the most applicable ways include reading the nutrition label or entering the item into a nutritional content database. If you choose to enter the food yourself please use the Mypyramid.gov diet tracker or the USDA nutrient content database at <http://www.nal.usda.gov/fnic/foodcomp/search/index.html>. Please input the meal and total calories in the table below.

For example: Lunch, 512 calories.

WEEK	ESTIMATED CALORIES MONDAY	ESTIMATED CALORIES TUESDAY	ESTIMATED CALORIES WEDNESDAY	ESTIMATED CALORIES THURSDAY	ESTIMATED CALORIES FRIDAY	ESTIMATED CALORIES SATURDAY	ESTIMATED CALORIES SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							

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In the space provided please list anything that you have learned by participating in the Healthy Eating Logs. Do you consistently exceed your caloric need? Do you often exceed your recommended servings of a specific food item? Do you eat to live or live to eat? These are all questions you should be able to answer after completing this three week exercise.

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