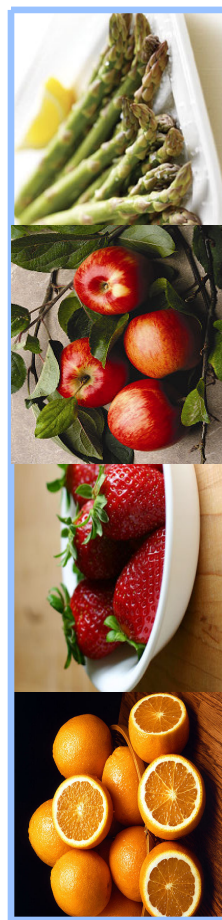

EATING JOURNAL



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MY EATING DAILY JOURNAL

Date:
This Week:
Exercise:

Things I'd like to do the same tomorrow:

Things I'd like to do differently:

Eating Gauge

- Choice: _____
Eat or Don't _____
1. Famished
 - 2. Hungry (eat)**
 - 3. I'm A Little Bit Hungry, I'm A Little Bit Full.**
 4. Full Don't Eat
 5. Gorged (Try to never to do when your so full it hurts)

Determining Your Portion Sizes:

- A 3-ounce portion of cooked meat, poultry, or fish is about the size of a deck of playing cards.
- A medium potato is about the size of a computer mouse.
- 1 cup of rice or pasta is about the size of a fist or a tennis ball.
- An average bagel should be the size of a hockey puck or a large to-go coffee lid.
- A cup of fruit or a medium apple or orange is the size of a baseball.
- ½ cup of chopped vegetables is about the size of three regular ice cubes.
- 3 ounces of grilled fish is the size of your checkbook.
- 1 ounce of cheese is the size of four dice.
- 1 teaspoon of peanut butter equals one die.
- 2 tablespoons is about the size of a golf ball.
- 1 ounce of snack foods-pretzels, etc. equals a large handful.
- 1 thumb tip equals 1 teaspoon; 3 thumb tips equal 1 tablespoon; and 2 whole thumb equals 1 ounce.

Weekly Goal(s)
