

Food and Exercise Diary



A step in the right direction

A Step in the Right Direction...

This Food Diary has been designed to get you on the road and in the fast lane with the Diet and Exercise Management Program.

A food diary is an excellent way to view your eating habits by visually reminding you of what was consumed on a daily basis. This will make it easy to track your progress and make personal goals for improvement. Of all the resources found in the Starter Kit, this is easily one of the most beneficial if used correctly. We have designed this Food Diary to cover the basics, making it as easy as possible to understand and fill out. We have also included a small physical activity component, as eating healthy is just as important as the physical activity we do as well.

This provides 2 weeks of space to write a **daily overview** and at the end of each week a page to **review and set goals** for the following week and a helpful hint. Examples are provided on the next page.

Be sure to use this aid to its full potential, the motivation has to come from you! **GOOD LUCK!!**

How to use this diary...

Using this diary couldn't be simpler...

The image shows three overlapping pages from a food diary. The top page is a daily overview for Monday, week one. It includes a health tip about physical activity, a section for breakfast (1 bowl of muesli with milk, 2 pieces of toast with butter and jam), lunch (Mince and Cheese Pie, Apple, Coke), dinner (2 Pork chops, mash potatoes, carrots and broccoli), snacks (Snickers bar), and drinks (1 bottle of water). It also has a physical activity section with 30+ min of walking and 20+ min of moderate exercise. The middle page is a weekly review page for week one, titled 'review'. It includes a welcome message and a series of questions to reflect on the week's progress. The bottom page is a reflection page with questions about eating well, positive contributions, barriers to eating well, and goals for the next week.

Monday

Health tip #1 - Physical activity
A good balance between exercise and food intake is important, as this helps to maintain a healthy body weight. About 30 minutes of physical activity, such as walking, is recommended every day.

Breakfast
1 bowl of muesli with milk, 2 pieces of toast with butter and jam

Lunch
Mince and Cheese Pie Apple
Coke

Dinner
2 Pork chops, mash potatoes, carrots and broccoli

Snacks
Snickers bar

Drinks
1 bottle of water

Physical Activity
30+ min of walking
20+ min of moderate exercise

How many servings of fruit and vegetables did you have today?
1 apple, 2 potatoes, 1 carrot, 4 broccoli

How many minutes of physical activity did you do today? Or How many steps did your pedometer clock today?
7243 steps

review

Welcome to the end of your first week!
If you have been following our helpful tips, eating better foods, and getting regular exercise you will be feeling more energised, happier, and more positive. If you haven't been able to change all your diet, then don't despair...it has only been one week!
Answer the questions opposite to see how you are tracking...

In your opinion, have you been eating well and being active?
Everything except for lunches

What has been your most positive contribution over the week?
Started walking to work

What has been the main barrier preventing you from eating well and being active?
Not enough time for lunch!

What is something you would like to improve in the next week?
Eat healthier snacks

monday

Health tip #1 - Physical activity

A good balance between exercise and food intake is important, as this helps to maintain a healthy body weight. About 30 minutes of physical activity, such as walking, is recommended every day.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

How many servings of fruit and vegetables did you have today?

How many minutes of physical activity did you do today? OR How many steps did your pedometer clock today?

tuesday

Health tip #2 - Keep fat to a minimum

Adult diets should be low in fat, especially saturated fat. Saturated fat, which is the predominant fat in animal products, is more easily deposited as fat tissue than unsaturated fats. Saturated fat can also be converted into cholesterol and cause blood cholesterol levels to rise.

Small amounts of polyunsaturated and mono-unsaturated fats may have some health benefits when they are part of a healthy diet. Polyunsaturated fats are generally thought to lower blood cholesterol levels. Polyunsaturated omega-3 fatty acids, which are found in fish, are thought to have an anti-clotting effect on blood and may lower blood pressure.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

How many servings of low fat dairy products did you eat today?

Were there any dairy products that you could have substituted for low fat dairy products?

wednesday

Health tip #3 - Find strength in numbers

Being active can be a family thing, social thing, or something you enjoy doing on your own. Maybe do a family trip, or join a sports team or class (swimming, dancing or golf). Being active with others may give you that boost you need to get up and get active.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

How many servings of fruit and vegetables did you have today?

How many minutes of physical activity did you do today? OR How many steps did your pedometer clock today?

thursday

Health tip #4 - Eat less high kilojoule foods

The total amount of energy-dense (high kilojoule) foods you eat may be as important as the total amount of fat in your diet. To reduce the energy density of your diet, you need to increase the amount of plant foods you eat. This will provide essential nutrients, help to make you feel 'full' and also reduce the amount of fat in your diet.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

How many servings of lean meat did you have today?

Were there any meat products that you could have substituted for lean meat products?

friday

Health tip #5 - Find 30 minutes everyday

An increase in physical activity will benefit your health, but experts agree that adults should aim to build up at least 30 minutes of moderately intense physical activity on most days. If 30 minutes seems like too much, break it up! Start with 5 or 10 minutes and gradually increase time and frequency.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

What physical activities have you got planned for the weekend? (E.g. mowing, gardening, walking, running etc)

saturday

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

sunday

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

review

Welcome to the end of your first week!

If you have been following our helpful tips, eating better foods, and getting regular exercise you will be feeling more energised, happier, and more positive. If you haven't been able to change all your diet, then don't despair...it has only been one week!

Answer the questions opposite to see how you are tracking...

In your opinion, have you been eating well and being active?

What has been your most positive contribution over the week?

What has been the main barrier preventing you from eating well and being active?

What is something you would like to improve in the next week?

monday

Health tip #8 - Eat foods rich in calcium and iron

It is important for all Australians to eat food which contain iron and calcium. In particular:

- Calcium is important for infants, women and girls.
- Iron is important for women, girls, vegetarians and athletes.

Good sources of calcium are found in: milk and milk products, leafy green vegetables, soy, tofu, fish, nuts and calcium fortified foods.

Good sources that help iron absorption are found in: Vitamin C (found in fruits and vegetables) & meat.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

How many servings of fruit and vegetables did you have today?

How many minutes of physical activity did you do today? OR How many steps did your pedometer clock today?

tuesday

Health tip #9 - Get active!

Improve your health and well being at every opportunity, e.g. take stairs for great natural work out, park further away or if catching public transport get of one stop earlier or just walk the dog.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

How many servings of low fat dairy products did you eat today?

Were there any dairy products that you could have substituted for low fat dairy products?

wednesday

Health tip #10 - Healthy diets for babies and children

Follow these guidelines to help encourage a healthy diet for your infant or child:

- Babies – encourage your baby to breastfeed for the first year of life. In most cases, breastfeeding should be the only source of food in the first six months. If you use formula, be careful not to overfeed or underfeed your baby.
- Sugar – children should eat only a small amount of foods that contain sugar.
- Low fat diets – these are not appropriate for infants and young children under two years of age. A diet low in fat, especially saturated fat, may be considered for older children.
- Drinks – infants and children should be encouraged to choose water as their preferred drink.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

How many servings of fruit and vegetables did you have today?

How many minutes of physical activity did you do today? OR How many steps did your pedometer clock today?

thursday

Health tip #11 - Keep busy around the house

Homes and gardens are convenient places for getting more activity into your day. Make use of your 'green gym' by mowing, digging and weeding. For indoor alternatives put on a CD and get stuck into the chores.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

How many servings of lean meat did you have today?

Were there any meat products that you could have substituted for lean meat products?

friday

Health tip #12 - Cut back on salt

Australians get around 2X their recommended dietary intake of salt. Excessive salt intake can relate to many problems such as heart failure and kidney problems.

Reduce salt in your diet by:

- Choosing reduced salt bread and cereals
- Cut back on processed foods, takeaways and fast food
- Buy fresh vegetables opposed to canned
- Avoid adding salt to cooking and meals. For flavour substitute with garlic, oregano & lemon juice.

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

What physical activities have you got planned for the weekend? (E.g. mowing, gardening, walking, running etc)

saturday

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

sunday

Breakfast

Lunch

Dinner

Snacks

Drinks

Physical Activity

review

Congratulations you have finished your diary

If you have been following the tips, eating better foods and increasing your physical activity, that's excellent! With gradual and continued changes in the right direction you will be feeling more energized, happier and more positive.

If you haven't do not despair, changing your lifestyle choices is a long term commitment. Although this diary is now finished, it does not mean that you have to stop recording you diet, setting goals, and getting family and friends involved in developing a healthy lifestyle. Buying a little notebook or keeping a chart on the fridge are great ways to continue with tracking your progress and getting everyone involved. Be sure to ask your Allied Health Professionals for further help, information or assistance.

Answer the questions opposite to see how you are tracking...

In your opinion, have you been eating well and being active?

What has been your most positive contribution over the week?

What has been the main barrier preventing you from eating well and being active?

What is something you would like to improve in the next week?

next steps...

Book an appointment to see your GP

Once you have completed your treatments with the Allied Health Professionals it is important that you make an appointment with your GP so that they may evaluate your progress. **Ring up now!**

Going to see: _____

On the: _____



Acknowledgements:

We would like to thank **Better Health Channel** (www.betterhealth.vic.gov.au) and **Go for your Life** (www.goforyourlife.vic.gov.au) for the fantastic health tips. More tips are available at their respective websites.

This publication has been brought to you by
Eastern Ranges GP Association

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