

# Your guide to nutrition and food tracking

Create a sustainable and balanced  
approach to fueling your body.



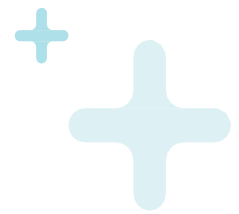
## A healthy lifestyle is about making good choices, consistently over time

There are a lot of “quick fix” weight loss programs that promise rapid results. Many of these programs have strict rules; which often cut out entire food groups and essential nutrients. Because they are difficult to maintain, people who try them tend to give up after a short time and return to previous lifestyle habits. A healthy lifestyle is about making good choices consistently over time. You can start out with small changes, such as eating an extra serving or two of fruits and vegetables or cutting out the cream and sugar in your coffee. You don’t need to run a marathon or become vegan to see results.





# Target servings per calorie goal



The below table outlines the suggested number of servings per food group based off individual calorie ranges. To use this table, follow the below instructions:

- + Determine your calorie need. There are various ways to determine your calorie target: work with a dietitian, our coaching team, or visit [calorieking.com](https://calorieking.com) to access a calorie needs calculator.
- + Once you have your calorie need, convert this to your serving's target. Use these numbers to update your food tracker in this guide.

| Food Group                                      | Per Serving                             | Serving Examples                                                                                                                                                                                                                                                                                                                                            | Calories |      |      |      |      |
|-------------------------------------------------|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------|------|------|------|
|                                                 |                                         |                                                                                                                                                                                                                                                                                                                                                             | 1200     | 1400 | 1600 | 1800 | 2000 |
| Fruits                                          | + 60 calories<br>+ 15 carbohydrates     | + ½ banana<br>+ ¾ -1 c. cut fresh fruit<br>+ 2 tbsp. of dried fruit*<br>+ 1 small fruit<br>+ ½ c. of juice*                                                                                                                                                                                                                                                 | Servings |      |      |      |      |
|                                                 |                                         |                                                                                                                                                                                                                                                                                                                                                             | 2+       | 3+   | 3+   | 3+   | 4+   |
| Non-Starchy Vegetables                          | + 25 calories                           | + ½ c. cooked vegetables<br>+ 1 c. raw vegetables<br>+ 2 c. raw salad greens<br>+ ¾ c. vegetable juice<br>+ ½ c. tomato sauce                                                                                                                                                                                                                               | 4 +      | 4 +  | 5+   | 5 +  | 5 +  |
| Grains or Starches<br><br>Focus on whole grains | + 80 calories<br>+ 15 carbohydrates     | + 1/3 c. of cooked grains<br>+ ½ c. cooked cereal<br>+ ¾ c. dry cereal, unsweetened<br>+ 1 oz. bread<br>+ ¼ bagel<br>+ 3 c. of popcorn<br>+ 1 small tortilla (6 in.)<br>+ 1 small potato<br>+ ½ c. of yams or sweet potatoes<br>+ ½ c. corn or green peas<br>+ 4-6 crackers<br>+ ¾ oz. pretzels, potato or tortilla chips<br>+ 1/3 cup of beans and lentils | 4        | 5    | 5    | 6    | 6    |
| Low fat Milk/<br>Dairy Substitutes              | + 90-120 calories<br>+ 15 carbohydrates | + 1 c. of fat-free or low fat milk<br>+ 1 c. low-fat yogurt<br>+ 1 ½ oz. of low-fat or non-fat cheese<br>+ 1 c. of soy milk or other non-dairy milk                                                                                                                                                                                                         | 2        | 2    | 3    | 3    | 3    |



| Food Group              | Per Serving                       | Serving Examples                                                                                                                                                                                                                                                                                                                                                                                         | Calories                                  |                                           |                                           |                                            |                                            |
|-------------------------|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------|-------------------------------------------|--------------------------------------------|--------------------------------------------|
|                         |                                   |                                                                                                                                                                                                                                                                                                                                                                                                          | 1200                                      | 1400                                      | 1600                                      | 1800                                       | 2000                                       |
| Protein/Lean Meat/Beans | + 55-100 calories                 | + 1 oz. lean poultry, pork, beef or fish<br>+ ½ c. cooked beans or lentils<br>+ ¼ c. tuna, shrimp or crab<br>+ 3 egg whites or ¼ c. egg substitute<br>+ 1 whole egg<br>+ 1 oz. sausage<br>+ 1/2 c. of tofu<br>+ ¼ c. tempeh<br>+ ¼ c. low fat cottage cheese<br>+ 1 oz. of cheese<br>+ 2 tbsp. of nut/seed butter *<br>+ ¼ c. nuts/seeds *                                                               | Servings                                  |                                           |                                           |                                            |                                            |
|                         |                                   |                                                                                                                                                                                                                                                                                                                                                                                                          | 3                                         | 4                                         | 5                                         | 6                                          | 6                                          |
| Added Oils/Fats         | + 45 calories<br>+ 5 grams of fat | + 1 tsp. oil, butter or margarine<br>+ 1 tsp. reg mayo or 1 tbsp. light mayo<br>+ 1 tbsp. salad dressing or 2 tbsp. light salad dressing<br>+ 1 tbsp. cream cheese<br>+ 2 tbsp. sour cream or 3 tbsp. light sour cream<br>+ 8 whole nuts (almonds or cashews)<br>+ 10 peanuts or 4 pecans/walnuts<br>+ 1 tbsp. nuts/seeds<br>+ 1/8 avocado or ¼ small<br>+ 1 ½ tsp. nut/seed butter<br>+ 10 small olives | Servings                                  |                                           |                                           |                                            |                                            |
|                         |                                   |                                                                                                                                                                                                                                                                                                                                                                                                          | 6<br>servings<br>or 33<br>grams<br>of fat | 6<br>servings<br>or 39<br>grams<br>of fat | 8<br>servings<br>or 44<br>grams<br>of fat | 10<br>servings<br>or 50<br>grams<br>of fat | 11<br>servings<br>or 55<br>grams<br>of fat |

\*Limit to no more than 1-2 servings per day

Source: Table adapted from the Dietary Guidelines 2015-2020 and the [ADA Exchange List, 2012](#) CDC Diabetes Prevention Program Handout Session2" Be a Fat and Calorie Detective 2012 CDC Diabetes Prevention Program Handout Session4:Healthy Eating

Learn about the benefits of each food group:

- + [ChooseMyPlate.gov](https://www.choosemyplate.gov)
- + [Heart.org/servings](https://heart.org/servings)



# Risky foods

It is important to limit or avoid foods that can put you at risk for chronic diseases such as heart disease, diabetes and cancer.

Did you know:

- + Most Americans struggle to meet the American Heart Association guidelines for added sugar consumption. Just a single mocha or a can of soda could put you over the recommended sugar allowance.
- + Naturally occurring sugar in plant foods (fruits and vegetables) is not of concern.
- + [The American Institute for Cancer Research](#) recommends avoiding or limiting processed meats to reduce cancer risk. Choose fresh turkey or grilled chicken as protein options instead of deli meats. Also, try soy-based vegetarian patties instead of sausage or bacon.
- + Alcohol increases the risk of (at least) six cancers: colorectal, breast, esophageal, liver, stomach and oral. For lower cancer risk, all types- yes, even red wine- pose risk.



## Added Sugar

- + Maple syrup and honey
- + Agave nectar and jams
- + Sweetened beverages (soda, sports drinks)
- + Sweetened yogurt
- + Cookies, cakes, pie, and ice cream
- + Granola and protein bars

### RECOMMENDATION

- + Women: No more than 6 teaspoons (25 grams) which equals 100 calories
- + Men: No more than 9 teaspoons (36 grams) which equals 150 calories

## Processed Meats

- + Ham and bacon
- + Pastrami
- + Salami
- + Hot dogs
- + Sausage

### RECOMMENDATION

- + Avoid all processed meats

## Red Meat

- + Beef
- + Pork
- + Lamb
- + Steak
- + Pork chops

### RECOMMENDATION

- + Limit red meat to no more than 18 ounces (cooked weight) per week.

## Alcohol

- + 12 oz. beer
- + 4 oz. of wine
- + 1.5 oz. of 80-proof spirits
- + 1 oz. of 100-proof spirits

### RECOMMENDATION

- + Women: No more than one drink per day
- + Men: No more than two drinks per day

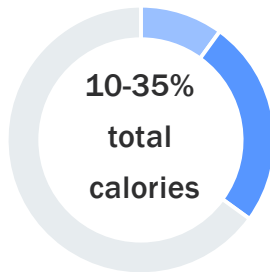
Sources: American Heart Association, American Institute for Cancer Research

# Macronutrient goals

The 2015-2020 Dietary Guidelines recommend the following macronutrient ranges for adults:

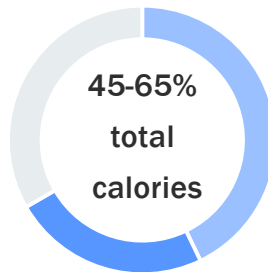
## Protein

- + FEMALE: 46+ grams/day
- + MALE: 56+ grams/day



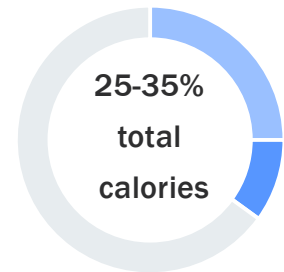
## Carbohydrate

- + 130+ grams/day



## Fat

- + 33-55+ grams/day



Check out MyFitnessPal's Essential Guide to Macros to learn how these nutrients fuel your body.







## Tips for eating healthy

Eating less fat and fewer calories are useful strategies for losing weight. However, they are only two parts to healthy eating. Another part of healthy eating is changing the way we eat and what we eat.

- 01 | Set up a regular pattern of eating.**
- + Spread your calories out through the day. Doing so helps keep you from getting too hungry and losing control. Eat 3 meals each day and 1 or 2 healthy snacks.
  - + Do not skip meals.
  - + Try to eat at the same time each day. Regular meals will also keep you from getting too hungry and losing control.

- 02 | Don't worry about cleaning your plate.**
- + Serve yourself smaller portions to begin with.
  - + The greatest waste of food is eating more than you want or need.

- 03 | Eat slowly.**
- + Try pausing between bites. Put down your fork and take a break between bites. Eating slowly will help you digest your food better.
  - + Drink water with meals and enjoy the taste of your food.
  - + Be more aware of what you are eating.
  - + Be more aware of when you are full.

- 04 | Change your eating environment.**
- + Eat with others.
  - + Do not eat while watching television or doing anything else that can take your attention away from your meal.





## Tips for preparing quick and healthy meals

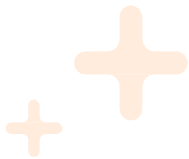
Preparing meals at home may feel frustrating at times, especially if you are short on time. There are many benefits to planning and preparing meals yourself; you save calories and your leftovers can turn into future meals. By planning ahead, you can make the healthy choice, the easy choice!

- + Set aside leftovers for next day lunches.
- + Buy fresh and local produce, it will last longer.
- + Consider using frozen vegetables and canned beans.
- + Pre-chop vegetables when you get home from the store.
- + Cook certain items in bulk, such as rice and quinoa, to have throughout the week. Pre-cooked grains also are available in the frozen section of the grocery store.
- + If you use a crockpot, prep and freeze your ingredients in a bag ahead of time. De-thaw the night before you prepare your crockpot meal.





# Breakfast ideas



- + Hot cereal with fruit (berries, baked apples, raisins), topped with chia seeds or ground flaxseed
- + Low-fat plain yogurt, berries or sliced banana, cinnamon and low-fat granola
- + Whole grain bread, nut butter and sliced banana
- + Veggie scramble with egg whites, onions, peppers, and low fat cheese
- + Smoothie with low fat milk (or milk substitute), 1 cup fresh or frozen fruit, 1 cup of spinach

## Have other ideas?

Here's a little notepad for you.

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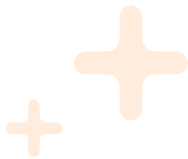
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# Lunch ideas



Build a sandwich, wrap or bento box.

## Base

- + Whole wheat pita bread/triangles
- + Whole grain bread of your choice
- + Collard or Romaine lettuce leaf
- + Whole wheat tortilla/chips
- + Whole grain crackers

## Spread

- + Hummus or Tahini
- + Pesto
- + Olive/tapenade spread
- + Bean dip, salsa, guacamole
- + Sundried tomato spread
- + Avocado
- + Low-fat mayo
- + Mustard
- + Low fat cream cheese
- + Fruit preserves

## Healthy Proteins

- + Nut/seed butter (almond, cashew, peanut)
- + Grilled chicken
- + Roasted turkey
- + Chicken, tuna or egg salad
- + Veggie burger
- + Tofu/tempeh
- + Low fat cheese

## Vegetables

- + Roasted peppers
- + Mushrooms
- + Cucumbers
- + Shredded carrots
- + Tomato
- + Lettuce/spinach/sprouts
- + Onions

## On the Side

- + Popcorn
- + Hummus with raw veggies of choice
- + Fresh fruit
- + Low fat string cheese
- + Kale chips
- + Dry roasted edamame or chickpeas
- + Nuts/seeds
- + Chili, lentil or miso soup
- + Low-fat plain yogurt
- + Pickles

## Have other ideas?

Here's a little notepad for you.

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# Dinner ideas

## Pasta Night

- + Choose whole grain varieties if you can.
- + Try using shredded zucchini or spaghetti squash as an alternative to regular pasta.
- + Serve with a marinara sauce or pesto, extra vegetables, and your choice of lean protein.

## Stir-Fry Night

- + Sauté your favorite vegetables with chicken or tofu.
- + Try peanut, sesame, or coconut oil to vary flavors.
- + Season with garlic and soy sauce/tamari, Thai curry paste, or peanut sauce.
- + Serve over brown rice, quinoa, or leftover noodles.

## Soup Night

- + Fill crockpot with veggies, beans (optional), herbs, spice, and lean meat (optional).
- + Turn it on low in the morning and dinner will be ready by the time you get home.

## Burrito Bowl Night

- + Use brown rice at the bottom of your bowl.
- + Add beans or ground turkey, sautéed vegetables, avocado, and salsa.
- + Optional: top with light sour cream and cheese.
- + You can use a whole grain tortilla or large lettuce leaf if you are creating a burrito.

## Salad Night

- + Add rotisserie chicken or beans over mixed greens, pre-chopped vegetables, and fresh fruit.
- + Serve with vinaigrette or a low fat creamy dressing. Did you know you can make a healthy creamy salad dressing from hummus? Just add to a little water and drizzle onto your salad.

## Burger Night

- + Try ground turkey or extra lean ground beef instead of regular hamburger meat. You might also consider a pre-made veggie burger.
- + Top with roasted peppers, mushrooms, onions.
- + Serve with a side salad.

## Breakfast Night

- + To lower the fat and cholesterol content, you can use egg substitutes or egg whites.
- + If you make a frittata, line a pie pan with parchment paper to reduce clean-up.
- + Serve with fruit and homemade potatoes.

## Have other ideas?

Here's a little notepad for you.

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# Food tracking

According to research, logging your food makes you twice as likely to meet weight loss goals. Our team recommends that you track your food by either using the paper chart included in this guide or through a food tracking app or website. Either one of these approaches will help you to monitor your calorie target.

## Best practices for food tracking

If you do not have time to enter your food right away, take a photo, do a voice recording or write it down somewhere and transfer it to your paper or online tracker when you can. The more time that goes by without documenting your food, the less accurate the tracking becomes. Remember to account for everything you eat in a day, including beverages, condiments, and snacks. A handful of nuts here and there can really add up!

## Tracking with an app or website

Many people are turning to food tracking apps and websites to look up calorie and nutrient content in food. This approach can empower you to learn how your daily food choices impact your overall nutrition and weight.

### PROS

- + Provides a calorie budget and nutrition benchmarks to hit each day
- + Access to a huge database of foods
- + No rigid food rules
- + Flexibility
- + Empowers you to be a self-manager; evaluating the foods and lifestyle patterns that work best for you
- + You can scan bar codes of food items and the nutrition information downloads directly to your food journal

### CONS

- + Requires some knowledge of portion sizes
- + Diet may not be balanced if you are just focusing on calories
- + Can be time consuming and hard to keep up with 7 days per week
- + Database may not always have accurate calorie information



### Try an app

- + MyFitnessPal
- + Lose it!





# Paper Tracking

Do you want to keep food and technology separate from each other? Sometimes it is simple to go back to basic food group tracking. We have developed an easy to use chart on the next pages that you can carry around with you.

## PROS

- + Provides a calorie budget and nutrition benchmarks to hit each day
- + Easy to sustain
- + Promotes a balanced diet
- + Encourages you to eat abundant amounts of fruits and vegetables
- + You don't have to track calories

## CONS

- + Requires some knowledge of portion sizes
- + Must bring a journal with you throughout the day



## Partner with a health coach

Our health coaching team is here to support your well-being journey and help you reach True Health.

For more information, visit:  
[ProvidenceHealthPlan.com/HealthCoach](https://ProvidenceHealthPlan.com/HealthCoach)



# Food tracker



Together with the serving targets you obtained in this guide, use this food tracker to log your food. If you do not have time to convert your foods to servings right away, use the notepad!

Date:

Calorie Target:

|                      | Vegetables | Starchy Vegetables and Grains | Fruit | Protein | Fat | Risky Foods |
|----------------------|------------|-------------------------------|-------|---------|-----|-------------|
| Daily Serving Target |            |                               |       |         |     |             |

| Monday    | Vegetables | Starchy Vegetables and Grains | Fruit | Protein | Fat | Risky Foods |
|-----------|------------|-------------------------------|-------|---------|-----|-------------|
| Breakfast |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Lunch     |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Dinner    |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Total     |            |                               |       |         |     |             |

| Tuesday   | Vegetables | Starchy Vegetables and Grains | Fruit | Protein | Fat | Risky Foods |
|-----------|------------|-------------------------------|-------|---------|-----|-------------|
| Breakfast |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Lunch     |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Dinner    |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Total     |            |                               |       |         |     |             |

| Wednesday | Vegetables | Starchy Vegetables and Grains | Fruit | Protein | Fat | Risky Foods |
|-----------|------------|-------------------------------|-------|---------|-----|-------------|
| Breakfast |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Lunch     |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Dinner    |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Total     |            |                               |       |         |     |             |

| Thursday  | Vegetables | Starchy Vegetables and Grains | Fruit | Protein | Fat | Risky Foods |
|-----------|------------|-------------------------------|-------|---------|-----|-------------|
| Breakfast |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Lunch     |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Dinner    |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Total     |            |                               |       |         |     |             |

| Friday    | Vegetables | Starchy Vegetables and Grains | Fruit | Protein | Fat | Risky Foods |
|-----------|------------|-------------------------------|-------|---------|-----|-------------|
| Breakfast |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Lunch     |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Dinner    |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Total     |            |                               |       |         |     |             |



| Saturday  | Vegetables | Starchy Vegetables and Grains | Fruit | Protein | Fat | Risky Foods |
|-----------|------------|-------------------------------|-------|---------|-----|-------------|
| Breakfast |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Lunch     |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Dinner    |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Total     |            |                               |       |         |     |             |

| Sunday    | Vegetables | Starchy Vegetables and Grains | Fruit | Protein | Fat | Risky Foods |
|-----------|------------|-------------------------------|-------|---------|-----|-------------|
| Breakfast |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Lunch     |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Dinner    |            |                               |       |         |     |             |
| Snack     |            |                               |       |         |     |             |
| Total     |            |                               |       |         |     |             |

[Here's a little notepad.](#)

Sometimes it may be difficult to convert your daily intake of food immediately into servings to put into the tracker. Use this space for notes to help you remember foods consumed during the day that you did not have time to convert to servings.

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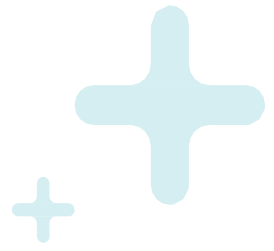


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# Want to learn more about healthy eating?



Check out resources from these organizations:

## Providence

<https://healthplans.providence.org/fittogether/find-your-fit/health-outreach-support/find-support/providence-health-coaching/health-coaching-resources/nutrition-and-weight-management/>

[blog.providence.org/nutrition](http://blog.providence.org/nutrition)

## Physicians Committee for Responsible Medicine

[pcrm.org/](http://pcrm.org/)

## Food Hero, Oregon State University

[foodhero.org/](http://foodhero.org/)

## The Nutrition Source, Harvard University

[hsph.harvard.edu/nutritionsource/](http://hsph.harvard.edu/nutritionsource/)

## American Heart Association

[heart.org/en/healthy-living/healthy-eating](http://heart.org/en/healthy-living/healthy-eating)

## American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/>







# Stay on top of your health

Thinking about a healthier lifestyle but don't know where to start? Our Providence health coaches are here to support your journey to a healthier, happier life.

Ready to get started? Our health coaching team will be glad to help. Call **503-574-6000** to begin the process.

[ProvidenceHealthPlan.com/HealthCoach](https://ProvidenceHealthPlan.com/HealthCoach)