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24-Hour Recall/Usual Diet Form

Name:	Date		Day of the Week				
	Amount from Each Group						
Food and Drink Consumed	Milk	Meat	Fruit	Veggie	Grain	Oil	Disc ^a
Name & Type							
TOTALS							
MyPyramid Recommendations for 2000 Calories ^b	3 c	5 ½ oz	2 c	2 ½ c	6 oz ^c	6 tsp	≤ 267 calories
EVALUATION ^c							calories

bThese are approximations for a general evaluation of food intake for an adult. Exact amounts of food groups vary according to gender, age, and activity level. See www.mypyramid.gov for a customized food guide.

^cAt least 3 servings of whole grains should be eaten each day.

dEvaluation: L = low A = adequate E = excessive



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Food Group Serving Sizes

Serving Sizes and MyPyramid Recommendations

BREADS, CEREALS, AND OTHER GRAIN PRODUCTS

What counts as 1 ounce of grains?

1 slice bread ½ bun, bagel, or English muffin ½ c cooked cereal, rice, or pasta 1 small roll, biscuit, or muffin 1 c ready-to-eat cereal 3 to 4 small or 2 large crackers

VEGETABLES

What counts as 1 cup of vegetables?

1 cup of raw or cooked vegetables or 1 cup tofu

vegetable juice

2 cups of raw leafy greens

1 cup cooked dry beans and peas (such as pinto beans or split peas)

1 medium baked potato, 20 French fries

FRUITS

What counts as 1 cup of fruit?

1 cup of fruit or 100% fruit juice 1 small apple

½ cup of dried fruit 1 medium pear, grapefruit 1 large banana, orange, peach 32 seedless grapes

MEAT, POULTRY, FISH, AND ALTERNATES

What counts as 1 ounce of meat or meat equivalent?

1 tablespoon of peanut butter 1 ounce of meat, poultry or fish ¼ cup cooked dry beans, 1 falafel ½ ounce of nuts or seeds (12 almonds, patty (2 $\frac{1}{4}$, 4 oz) 24 pistachios, 7 walnut halves) ¼ cup (about 2 ounces) of tofu, 1 egg

12 Tbsp. hummus 1 oz tempeh, cooked

MILK, YOGURT, AND, CHEESE

What counts as 1 cup of milk?

1 c milk or yogurt ¹/₃ c shredded cheese

2 slices Swiss 2 oz process cheese food

cheese 1½ oz cheese

OILS

What counts as 1 teaspoon of oil?

1 teaspoon vegetable oil (soy, corn, 1 tablespoon mayonnaise type

dressing, peanut, and sesame) Italian dressing 11/4 teaspoon mayonnaise 8 large canned olives

FATS, SWEETS, AND ALCOHOLIC BEVERAGES

- Foods high in fat include margarine, salad dressing, oils, mayonnaise, sour cream, cream cheese, butter, gravy, sauces, potato chips, chocolate bars.
- Foods high in sugar include cakes, pies, cookies, doughnuts, sweet rolls, candy, soft drinks, fruit drinks, jelly, syrup, gelatin, desserts, sugar, and honey.
- Alcoholic beverages include wine, beer, and liquor.