



# Participant Guide

## Track Your Food



## Session Focus

Tracking your food each day can help you prevent or delay type 2 diabetes.

### This session we will talk about:

- The purpose of tracking
- How to track your food
- How to make sense of food labels

### You will also make a new action plan!



#### Tips:

- ✓ Try to track your food each day.
- ✓ Track more over time. Start by tracking what and when you eat. When you get comfortable with this, you can start tracking how much you eat, and then calories.



## Sally's Story

Sally is at risk for type 2 diabetes. She wants to lose 15 pounds. She has been trying to eat better each week. After a month, Sally tells her friend Tina that she is frustrated. She still hasn't lost any weight. Surprised by this, Tina asks her to describe what she ate the day before. Sally tells Tina what she thinks she had.

The table below shows what Sally thinks she had at each meal. It shows what Sally really had at each meal. It also shows the extra calories she took in.



BREAKFAST					
What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories	
A bowl of cereal with milk	100 (cereal) 100 (milk)	1½ cups cereal with 8 ounces whole milk	150 (cereal) 150 (milk)	150	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)		
<b>Breakfast Total</b>	<b>200</b>	<b>Breakfast Total</b>	<b>350</b>		
LUNCH					
What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories	
Ham sandwich	150 (bread) 200 (ham) 150 (mayo)	Sandwich made with 2 slices bread, 6 ounces ham, and 1½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	150	
Apple	50	Medium apple	50		
		Iced tea with sugar	150 (sugar)		
<b>Lunch Total</b>	<b>550</b>	<b>Lunch Total</b>	<b>700</b>		



## Sally's Story

SNACK					
What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories	
		Granola bar	200	250	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)		
<b>Snack Total</b>	<b>0</b>	<b>Snack Total</b>	<b>250</b>		
DINNER					
What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories	
Salad	100	Salad with 2 Tbsp blue cheese dressing	50 (salad) 150 (dressing)	275	
Mashed potatoes	100	1 cup mashed potatoes made with whole milk and 3 Tbsp butter	100 (potatoes) 100 (butter)		
Piece of fish	200	3 ounces fish	200		
		8 ounces iced tea with sugar	75 (sugar)		
<b>Dinner Total</b>	<b>400</b>	<b>Dinner Total</b>	<b>675</b>		
DESSERT					
What Sally <u>Thinks</u> She Had	Calories	What Sally <u>Really</u> Had	Calories	Extra Calories	
Small bowl of ice cream	175	1 cup ice cream	320	145	
<b>Dessert Total</b>	<b>175</b>	<b>Dessert Total</b>	<b>320</b>		
<b>Daily Total</b>	<b>1,325</b>	<b>Daily Total</b>	<b>2,295</b>	<b>Total Extra Calories 970</b>	



## How to Track Your Food

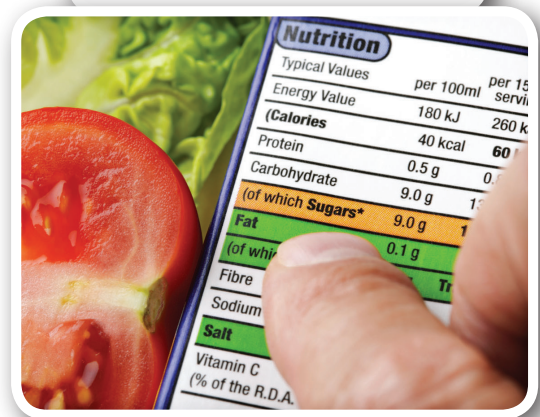
### Ways to find out how much you eat:

- Measuring cups and spoons
- Kitchen scale
- Food labels
- Calculator

### Ways to record what, when, and how much you eat:

- Spiral notebook
- Spreadsheet
- Smart phone apps
- Computer apps
- Voice recording
- Photo of your food




Ultimately, **you'll want to write these details in your Food Log.**





## Everyday Objects and Serving Size

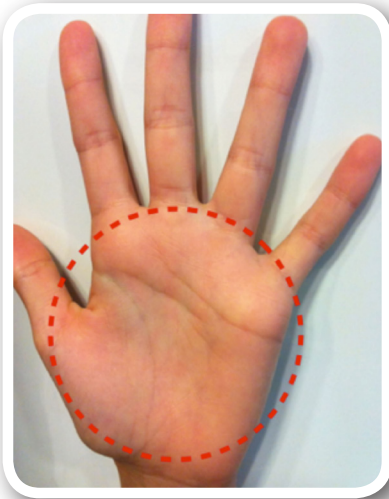
You can use everyday objects to eyeball serving size. Here are some examples:

Serving Size	Object
2 tablespoons	 Ping-pong ball
1 ounce of cheese	 4 dice
3 ounces of meat or poultry	 Palm of your hand, or a deck of cards
¼ cup	 Golf ball
½ cup	 Tennis ball
1 cup	 Baseball
1 medium baked potato	 Computer mouse
1 medium apple	 Tennis ball
1 medium waffle	 CD

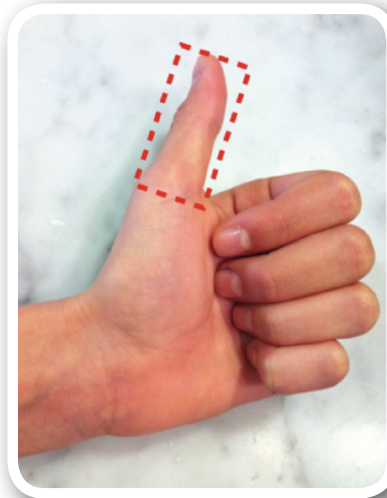


## Hands and Serving Size

You can use your hands to eyeball serving size.



About 3 ounces



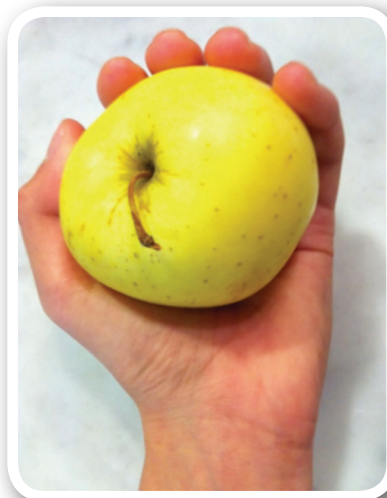
About 1 tablespoon



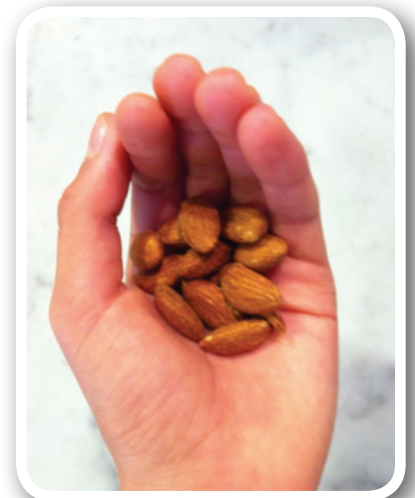
About 1 teaspoon



About 1 cup



1 serving of fruit



About 1/4 cup



## Make Sense of Food Labels

### Sample Label for Macaroni and Cheese

① **Serving Size** →

<b>Nutrition Facts</b>	
Serving Size	1 cup (228g)
Servings Per Container	2

② **Calories**

<b>Amount Per Serving</b>	
<b>Calories</b>	250
	Calories from Fat 110

③ **Limit These Nutrients (yellow items)**

	<b>% Daily Value</b>
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>

④ **Get Enough of These Nutrients (blue items)**

Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

Source: FDA (<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3>)





## Make Sense of Food Labels

These numbers refer to the sample label for macaroni and cheese on the first page of this handout.

### 1. Serving Size

Start by looking at the serving size. That's the size of one serving. All the other facts on the label are based on this amount.

Also look at the number of servings in the package. This package contains two servings. So if you eat the whole package, you'll need to multiply all the other facts on the label by two. Use a calculator, if you'd like.

### 2. Calories

Knowing the calories can help you reach or stay at a healthy weight. The calories are the amount of energy you get from a serving of this food. Many Americans get more calories than they need. Try to get less than 30 percent of your calories from fat.

### 3. Limit These Nutrients

Most Americans get enough, or even too much, of these nutrients. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium can raise your risk of certain health problems. These include heart disease, some cancers, and high blood pressure.



<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans Fat</i> 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>



## Make Sense of Food Labels

### 4. Get Enough of These Nutrients

Most Americans don't eat enough fiber, vitamin A, vitamin C, calcium, and iron. Eating enough of these nutrients can improve your health and lower your risk of certain health problems.

For instance, getting enough calcium can help strengthen your bones and teeth. Eating plenty of fiber can help you lose weight and lower your cholesterol.

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

### Other ways to find out nutrition facts:

- Computer apps
- Smart phone apps
- Websites





## How to Cope With Challenges

It can be challenging to track your food. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
<b>I'm too busy.</b>	<input type="checkbox"/> Make time to track. It takes just a couple minutes after each meal. <input type="checkbox"/> Remember why you are tracking—to lower your risk of type 2 diabetes!	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I have trouble reading and writing.</b>	<input type="checkbox"/> Record your voice with a smart phone or other device. <input type="checkbox"/> Take a photo of your food. <input type="checkbox"/> Ask your coach, friends, or family members to help write your food on your Food Log.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I keep forgetting.</b>	<input type="checkbox"/> Make tracking part of your daily routine. <input type="checkbox"/> Put a reminder on your phone or computer. <input type="checkbox"/> Set a timer. <input type="checkbox"/> Leave yourself notes where you'll see them. <input type="checkbox"/> Ask friends and family to remind you.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<b>I don't like to track.</b>	<input type="checkbox"/> Share your results with others. <input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your food goals. <input type="checkbox"/> Ask a friend or family member to track their food too. <input type="checkbox"/> Try smart phone and computer apps.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____