

Date: _____

Physical Activity: _____

Duration: _____



MASTERS IN DIETETICS, LLC
FOOD FREEDOM
 PROGRAM

Portion Goals
Carbs: 1 portion=15g
Protein: 1 portion=7g
Fat: 1 portion~5g

Food Goals
Fruit:
Veggies:
Grain:
Meat:
Dairy:
Extra Cals:

Water Goals



Portions

Food Group Equivalents

Time	Blood Glucose	Food Eaten	Portions			Food Group Equivalents					
			Carb	Protein	Fat	Fruit	Veggies	Grain	Meat	Dairy	Extra Cals
Totals											

How did you do today? Great So-So Not so Great

My food objective for tomorrow is: _____

My activity Objective for tomorrow is: _____

Mood/Symptoms: _____

Journal: _____

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