

# Perfect Portions Log –3000 calorie

Instructions: The goal for each day is to complete the circles by choosing healthy foods. Use the examples of portions and food choices from the “perfect portions” handout. The goal is to fill in all the circles by the end of the day with out going over.

For example: If you have a 1 whole grain English muffin, 2 egg whites and 1 medium banana for breakfast you would fill in:  
2-grain circles, 1-meat circle, and 1-fruit circle

Tips: start eating your veggies at lunch; try a veggie snack & fill half your plate at dinner with veggies

Always have fruit with breakfast and then one other time during the day

|              |                |              |                |
|--------------|----------------|--------------|----------------|
| <b>DATE:</b> |                | <b>DATE:</b> |                |
| Grain        | ○○○○○○○○○○○○○○ | Grain        | ○○○○○○○○○○○○○○ |
| Veg          | ○○○○○          | Veg          | ○○○○○          |
| Fruit        | ○○○            | Fruit        | ○○○            |
| Dairy        | ○○○            | Dairy        | ○○○            |
| Meat         | ○○○○○○○        | Meat         | ○○○○○○○        |
| Extra        | ○○○○○○○○○      | Extra        | ○○○○○○○○○      |
| <b>DATE:</b> |                | <b>DATE:</b> |                |
| Grain        | ○○○○○○○○○○○○○○ | Grain        | ○○○○○○○○○○○○○○ |
| Veg          | ○○○○○          | Veg          | ○○○○○          |
| Fruit        | ○○○            | Fruit        | ○○○            |
| Dairy        | ○○○            | Dairy        | ○○○            |
| Meat         | ○○○○○○○        | Meat         | ○○○○○○○        |
| Extra        | ○○○○○○○○○      | Extra        | ○○○○○○○○○      |
| <b>DATE:</b> |                | <b>DATE:</b> |                |
| Grain        | ○○○○○○○○○○○○○○ | Grain        | ○○○○○○○○○○○○○○ |
| Veg          | ○○○○○          | Veg          | ○○○○○          |
| Fruit        | ○○○            | Fruit        | ○○○            |
| Dairy        | ○○○            | Dairy        | ○○○            |
| Meat         | ○○○○○○○        | Meat         | ○○○○○○○        |
| Extra        | ○○○○○○○○○      | Extra        | ○○○○○○○○○      |
| <b>DATE:</b> |                | <b>DATE:</b> |                |
| Grain        | ○○○○○○○○○○○○○○ | Grain        | ○○○○○○○○○○○○○○ |
| Veg          | ○○○○○          | Veg          | ○○○○○          |
| Fruit        | ○○○            | Fruit        | ○○○            |
| Dairy        | ○○○            | Dairy        | ○○○            |
| Meat         | ○○○○○○○        | Meat         | ○○○○○○○        |
| Extra        | ○○○○○○○○○      | Extra        | ○○○○○○○○○      |