

How to use this Log

1. Determine what your total fat and calorie intake should be. You may start by going to www.womensheart.org and looking under the **Nutrition** drop-down list for "Counting Fat Grams." Or consult with your healthcare professional and ask what your "ideal" weight should be. Find out if you have any specific dietary needs. Refer to the chart below for calorie intake and total fat based on various percentages of total calorie intake.

Grams of Total Fat Based on % Total Calories			
Calories	20%	25%	30%
1,200	27	33	40
1,500	33	42	50
1,800	39	50	60
2,000	44	56	67
2,500	55	69	83
3,000	66	75	100

2. Know what constitutes a serving size by reading food labels. For vegetables, a serving size is about 1/2 cup. For fruit, a serving size is one small piece of fruit or 1/2 portion of a large piece of fruit.

3. Choose high fiber foods whenever possible (see "Quick Reference" below).

4. Log in what you eat and drink each day, calculating your total fat intake.

5. Complete the bottom section by placing a check mark each time you complete a "Healthy Living" activity. Follow these guidelines for healthy living each day.* Check with your practitioner before starting any exercise program.

Quick Reference for foods high in fiber:

- Fruits - avocados, apples, berries, oranges, grapefruits, pears and peaches (with the skin)
- Vegetables - peas, beans, corn, limas, cabbage, broccoli, green beans, red or green peppers, Brussel sprouts, cauliflower, lentils, beets, baked sweet or white potato - with the skin
- Whole grains - old fashioned oat meal, wheat bran, oat bran, barley, hominy grits and nuts. When shopping for cereals or pasta, look for foods that list the first ingredient as "whole grain...".

Tips When Eating Out :

- Order your salad served right away and have it with Balsamic vinegar.
- Order condiments (dressings, sauces) on the side.
- Ask for a container *before* dinner is served and place half the meal into the container for take-home OR split the entrée with your dinner partner.
- Ask the chef to go light on the fat
- Order your food broiled, roasted, grilled, blackened, tomato or broth-based, poached, steamed or boiled.
- Forego the bread and butter.

WHF Diet and Exercise Log is part of the curriculum for WHF's Healthy Heart Network Community Program and **Women's Wellness Wednesday** , © 2003. All Rights Reserved. For more information, contact WHF, PO Box 7827, West Trenton, NJ 08628. Email: admin@womensheart.org

WOMEN'S HEART FOUNDATION Healthy Heart Diet & Exercise Log

Name (last,first):	Date:
	Fat Grams
Breakfast:	
Snack:	
Lunch:	
Snack:	
Dinner:	
Snack:	
Total Fat Grams Used	
Fat Grams Saved	
Guidelines for Healthy Living	
<i>Milk (increase to 4 servings if pregnant or breastfeeding)</i>	

<i>Fruits & Vegetables (5-9 servings)</i>	

<i>Water (each space represents a 6 oz. glass of water)</i>	

<i>Walk * (each space represents 10 minutes)</i>	

Note: Fat grams not used on any given day can be used later in the week WHF Diet and Exercise Log, © 2003 WHF	

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