



# **Get REAL Nutritional Worksheets**

## Creating a Get REAL Calorie Budget

My Personal Calorie Range is: \_\_\_\_\_ – \_\_\_\_\_

Recommended Servings (per chart below)

\_\_\_\_\_ – \_\_\_\_\_ Bread/Starch

\_\_\_\_\_ – \_\_\_\_\_ Meat/Protein

\_\_\_\_\_ – \_\_\_\_\_ Vegetables

\_\_\_\_\_ – \_\_\_\_\_ Fruit

\_\_\_\_\_ – \_\_\_\_\_ Dairy

\_\_\_\_\_ – \_\_\_\_\_ Fat

Use this chart as a reminder of the number of servings you need from each food group to meet your daily caloric range.

## My Calorie Range Choice and Servings Recommended

Calorie Levels with Suggested Number of Servings						
Calorie Levels	Bread/Starch	Meat/Protein	Vegetables	Fruit	Dairy	Fat
1200	5–6	4–5	3	2-3	2–3	3–4
1400	6–7	5–6	3–4	3–4	2–3	3–4
1500	7–8	5–6	3–4	3–4	2–3	3–4
1600	8–9	6–7	3–4	3–4	2–3	3–4
1800	10–11	6–7	3–4	3–4	2–3	4–5
2000	11–12	6–7	4–5	4–5	2–3	5–6
2200	12–13	7–8	4–5	4–5	2–3	6–7
2400	13–14	8–9	4–5	4–5	2–3	7–8
2600	14–15	9–10	5	5	2–3	7–8
2800	15–16	9–10	5	5	2–3	9–10

You can either monitor calories (just numbers) or line up your servings to match your calorie level. What you choose will depend on what works best for you and what you will continue doing. Using this chart keeps you mindful of healthy portions and balanced nutrition.

**You may copy the following log and keep it with you.**

**Get REAL Accountability**

**Plan (How I would like to divide daily servings)**

My Personal Calorie Range is: \_\_\_\_\_ – \_\_\_\_\_ DATE \_\_\_\_\_

Recommended	AM	Noon	PM	Snacks
Servings				
____ Breads/Starches	_____	_____	_____	_____
____ Meats/Protein	_____	_____	_____	_____
____ Vegetables	_____	_____	_____	_____
____ Fruit	_____	_____	_____	_____
____ Dairy	_____	_____	_____	_____
____ Fat	_____	_____	_____	_____

**What I Ate Today (Note Amount)**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

**Log (How I actually divided daily servings)**

Make a mark for each serving consumed and when—use best estimate.

Recommended	AM	Noon	PM	Snacks
Servings				
____ Breads/Starches	_____	_____	_____	_____
____ Meats/Protein	_____	_____	_____	_____
____ Vegetables	_____	_____	_____	_____
____ Fruit	_____	_____	_____	_____
____ Dairy	_____	_____	_____	_____
____ Fat	_____	_____	_____	_____

Water: \_\_\_\_\_

Vitamins and or supplements taken: \_\_\_\_\_ Yes \_\_\_\_\_ No

Personal relaxation time taken: \_\_\_\_\_ Yes \_\_\_\_\_ No

## My Weekly Grocery Planner

Breads/Starches (Carbs)

_____	_____
_____	_____
_____	_____

Meats/Fish/Eggs/Beans (Protein)

_____	_____
_____	_____

Vegetables

_____	_____
_____	_____
_____	_____

Fruits

_____	_____
_____	_____
_____	_____

Dairy

_____	_____
_____	_____

Fats

_____	_____
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Processed/Packaged

_____	_____
_____	_____

Start looking at how you shop in a new way—Shop with purpose!  
Note (F) for frozen section.

## Get REAL Nutrition Tool Box

- **Portion Equivalents for One Serving/Visual Reminder**
- 3 ounces of meat=deck of cards or palm of hand
- 3 ounces of grilled or baked fish=checkbook
- 2 tablespoons of peanut butter=ping pong ball
- 1 ounce of cheese or meat=thumb
- 1 tablespoon=thumb tip
- 1 teaspoon=finger tip
- Medium apple=tennis ball, baseball or closed fist
- Medium fruit or ½ cup=a standard light bulb or ½ a baseball
- ½ cup of cooked grain, pasta, cereal or rice=½ a baseball
- 1 cup of ready to eat cereal=hockey puck or fist
- ¼ cup of raisins=large egg
- ½ cup of ice cream=tennis ball
- 1 teaspoon of butter=finger tip, 1 dice or a standard stamp
- 1-2 oz. pretzels (15 small twists, 7 regular)=cupped hand
- 1/3 cup of nuts=a loose pile in a medium take-out coffee lid
- 1 ounce of cheese=4 stacked dice
- 1 ounce of nuts=1 cupped hand full
- 1 pancake=compact disk
- 1 slice of bread=cassette tape
- 1 cup of mashed potatoes=closed fist
- 1 cup of salad greens=baseball

## Caloric Needs Charts

This chart gives a general guide for:

- (ETCN) Estimated **total calorie** needs
- (EDCA) Estimated **discretionary calorie** allowance

Male/Female Age Years old	Not physically active < 30 min. daily		Physically Active >30 min. daily	
	ETCN	EDCA	ETCA	EDCA
Children 2-3	<b>1000</b>	165	<b>1000-1400</b>	165-170
Children 4-8	<b>1200</b>	170	<b>1400-1800</b>	170-195
Girls 9-13	<b>1600</b>	130	<b>1600-2200</b>	130-290
Boys 9-13	<b>1800</b>	195	<b>1800-2600</b>	195-410
Girls 14-18	<b>1800</b>	195	<b>2000-2400</b>	265-360
Boys 14-18	<b>2200</b>	290	<b>2400-3200</b>	360-650
Females 19-30	<b>2000</b>	265	<b>2000-2400</b>	265-360
Males 19-30	<b>2400</b>	360	<b>2600-3000</b>	410-510
Females 31-50	<b>1800</b>	195	<b>2000-2200</b>	265-290
Males 31-50	<b>2200</b>	290	<b>2400-3000</b>	360-510
Females 51+	<b>1600</b>	130	<b>1800-2200</b>	195-290
Males 51+	<b>2000</b>	265	<b>2200-2800</b>	290-425

**Note:** EDCA is part of ETCN—*Not* in addition to it.

Since physical activity increases calorie needs, those who are more physically active need more total calories and will have a larger discretionary calorie allowance

(DCA). From: [www.mypyramid.gov](http://www.mypyramid.gov)

## **Foods That Enhance Total Wellness**

Some whole and natural foods can actually promote better health. Our bodies were designed to utilize natural food sources for specific functioning. The body will readily recognize these foods and begin to use them for body functioning.

Each food listed below has natural health enhancing properties and benefits. Adding any of them to your diet would be beneficial. For more specific information you can go to: [www.mypyramid.gov](http://www.mypyramid.gov)

Whole wheat	Nuts, non-roasted
Garlic	Dairy, low-fat
Yogurt	Dark Chocolate
Butter	Cottage cheese
Pomegranate juice	Fish Baked/Boiled
Tomato sauce	Salmon
Brown rice	Olive oil
Fruits and Berries	Beans and Lentils
Oatmeal-not cut	Prunes
Lean cuts of meat	Egg whites
Cheyenne Pepper	Cinnamon
Green Tea	Water, non-carbonated
Red Wine	Vinegar
Tomato juice	Vegetable juice
Natural Honey	Lemon
Vegetables raw/steamed—better fresh (Choose a variety and those that are brightly colored or deep green)	

Nutrition labels usually list the highest percentage ingredients first. When you see any of the following items you can feel good about the nutritional content. When you see any of ingredients on the next page, you may begin to question its relative nutritional value.

**Get REAL Tip:** Look at first five ingredients of any nutritional label to see the items *main* value.

## Common Problem Foods and Additives

By balancing your consumption throughout the day you will feel better about your wellness efforts. By looking at **each day as a whole** you can choose foods to balance what was consumed at earlier eating episodes. Consider the ratio of problem foods and additives to foods that enhance total wellness in your daily diet.

In general try to add more enhancers and limit or avoid the potential problem causers. Make your goal to fill in any nutritional gaps at other eating episodes. This is where planning can be very beneficial.

Foods and additives are metabolized by the body in different ways. Ingesting some of these can cause people to not sense true fullness which can lead to overindulgence. Some foods or additives can also aggravate certain health conditions or do not promote health in general, when taken beyond moderation. Avoiding or greatly limiting foods containing the following is recommended.

- Partially hydrogenated oil
- Hydrogenated oil
- High fructose corn syrup
- Trans fat
- Saturated fat
- Sugars (often ending in ...ose)
- Salt/Sodium
- Artificial Sweeteners
- Margarine
- “Enriched” foods
- “Bleached” foods
- White Flour
- Caffeine
- Artificial colors and dyes
- Carbonation
- Phosphoric acid
- Preservatives/MSG