



Module 5: Track Your Food

Participant Guide





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

In this session, we will talk about:

- The benefits of tracking food
- How to track the food you eat and the calories you take in
- Different ways to track food
- How to figure out portion size and calories from food labels

You'll also get a chance to review different ways to track your food and give it a try.

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.

Benefits of Tracking Your Food

Sally's Story

Sally is at risk for type 2 diabetes. She wants to lose 15 pounds. She is choosing higher-quality foods and appropriate serving sizes for her meals. However, she isn't losing as much weight as she wanted after 1 month, even though she is pretty consistent about what she eats every day. Her friend Tina suggested she track her eating for a day. Tina worked with Sally to describe the food she ate on 1 full day, guessing at serving sizes. The next day Sally recorded her meals again, but this time she measured.

The table below compares what Sally tracked each day.

Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
Breakfast				
A bowl of cereal with milk	200	1½ cups cereal with 8 ounces whole milk	150 (cereal) 150 (milk)	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Subtotal	200	Subtotal	350	+150

Benefits of Tracking Your Food

Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
Lunch				
Ham sandwich	300	Sandwich made with 2 slices bread, 6 ounces ham, and 1½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	
Apple	80	Medium apple	50	
		16 ounces iced tea with 3 Tbsp sugar	150 (sugar)	
Subtotal	380	Subtotal	700	+320
Snacks				
		Granola bar	200	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Subtotal	0	Subtotal	250	+250

Benefits of Tracking Your Food

Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
Dinner				
Salad	100	Salad with 4 Tbsp blue cheese dressing	50 (salad) 300 (dressing)	
Mashed potatoes	200	1 cup mashed potatoes made with 1/4 cup whole milk and 1 Tbsp butter	200 (potatoes) 100 (butter) 40 (whole milk)	
Piece of fish	200	3 ounces fish	200	
		8 ounces iced tea with 2 Tbsp sugar	100 (sugar)	
Subtotal	500	Subtotal	990	+490
Dessert				
Small bowl of ice cream	175	1½ cups ice cream	480	
Subtotal	175	Subtotal	480	+305
Total calorie difference:				+1,515

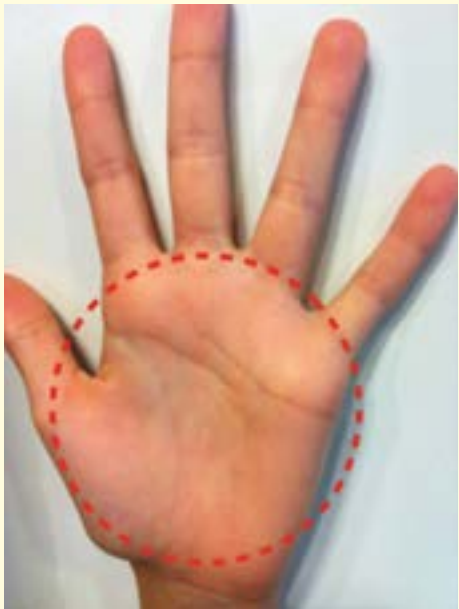
Benefits of Tracking Your Food

Food Tracking Benefits

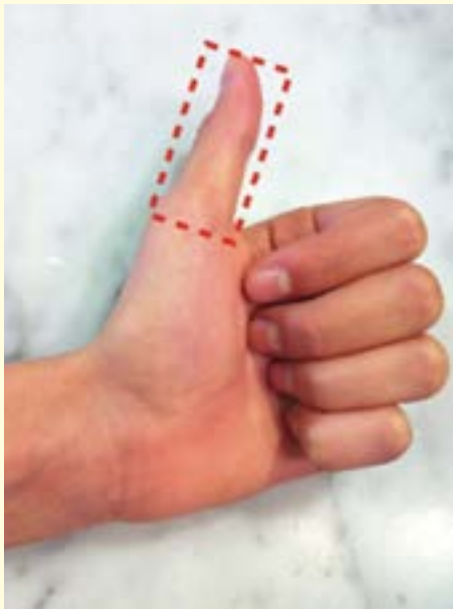
- Increases your awareness of the foods you eat and the beverages you drink
- Helps you track overall calories
- Allows you to see how eating smaller portions of the foods you love means fewer calories
- Increases awareness of portion sizing, especially when you measure food
- Helps you learn which foods are high in calories from fat and sugar, and how much to limit or avoid
- Helps you make better choices when eating high-calorie food
- Shows “hidden” calories you eat or drink without realizing or thinking about it
- Encourages you to eat high-quality foods and a balanced diet

How To Measure Your Food

Hands and Serving Size



About 3 ounces



About 1 tablespoon



About 1 teaspoon



About 1 cup



1 serving of fruit



About 1/4 cup

How To Track Your Food

From Tracking to Taking Action

If you notice this...	Try this...
My afternoon snack is over 300 calories, but I think it gives me energy to get through the afternoon.	Substitute a brisk 5- to 10-minute walk for a mid afternoon snack—activity actually increases your energy. Refill your water bottle throughout the day—staying hydrated helps keep your body moving. Look for healthy and filling snacks with 100 calories or less and see if those keep you going through the afternoon.
I drink more soda and coffee drinks than I thought I did.	Substitute sparkling water for one or two of your sodas. Measure any sugar or milk you add to your coffee. Choose the size down from your normal coffee drinks.
Now add your own...	
Ways to record what, when, and how much you eat:	
<ul style="list-style-type: none">• Notebook• Text yourself• Spreadsheet• Smartphone app, like a note-taking app or a food tracking app• Computer app• Voice recording• Photo of your food	

How To Track Your Food

Tracking Methods

Track 1 full day of eating.	Figure out where your calories are coming from and your eating patterns in a single day.
Track 1 working day and 1 day off.	Since eating patterns can change between days you work and days you don't, track 1 working day and 1 non-working day to get a sense of how you eat at work and at home.
Track 1 meal for a few days at a time.	Get a better idea of the range of foods you have at specific meals and where you might find some easy tweaks or adjustments to make. After you do a tune-up on that meal, track another meal.
Track 3 to 4 full days.	Learn fast and furious! Use an app, take photos with your phone, or take notes in a notebook.
Track for just a weekend, vacation days, or other non workdays.	When our routines change, our eating patterns change. Zero in on your weekend, days you don't work, or vacation days to keep on track with your healthy eating goals.
Track everything you eat and drink in between meals.	Sometimes it's not the meals, but what you eat in between. Being mindful of portions and snacks, and when and where you have them, can help you plan ahead.
Track your drinks.	Drinks can be a source of "hidden" calories. Focus on tracking the drinks you have with or between meals. Measure how much sugar, milk, or cream you add to your tea or coffee. Measure the ounces in your glasses at home to confirm how many calories you've been drinking. And look at the menu at your coffee shop to find out what's in your drink.

Making Sense of Food Labels

Sample Label for Frozen Lasagna

1. Serving Information → 4 servings per container
Serving size 1 cup (227g)

2. Calories → **Amount per serving**
Calories 280

3. Nutrients →

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3

Making Sense of Food Labels

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 4 servings. So, if you eat the whole package, you'll need to multiply all the other facts on the label by 4. If you would like to eat a half serving, you would divide the number of crackers by 2. Use a calculator or your phone if you'd like.

2. Calories

Knowing the amount of calories can help you reach or stay at a healthy weight. Calories are the amount of energy you get from a serving of this food. Many Americans get more calories than they need. Check with a health care professional if you have questions about how many calories you should be eating.

3. Limit Fat, Cholesterol, Added Sugars, and Sodium (Salt)

Most Americans get enough, or even too much, of these nutrients. Eating too much fat, especially saturated fat or trans fat, cholesterol, added sugars, or sodium (salt) can raise your risk of certain health problems. These include heart disease, some cancers, and high blood pressure. Try to get less than 30% of your calories from fat.

4. Get Enough Fiber, Vitamins, and Minerals

Most Americans don't get enough fiber, vitamin A, vitamin C, calcium, or iron. Consuming 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.

Other ways to find out nutrition facts:

- Computer apps
- Smartphone apps
- Websites

The Nutrition Facts Label: Look for It and Use It!

The Nutrition Facts Label Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSX2

Calories from food provide the energy your body needs to function and grow. Balance the number of calories you eat and drink with the number of calories you burn during physical activity. Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.



TIP: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

Size up Servings

Consider the Calories

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (200g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 430mg	19%
Total Carbohydrate 45g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	8%
Includes 2g Added Sugars	4%
Protein 11g	22%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	35%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.

TIP: 5% DV or less per serving is low and 20% DV or more per serving is high

Choose Nutrients Wisely

Nutrients To Get More Of

Compare and choose foods to get 100% DV of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

Nutrients To Get Less Of

Compare and choose foods to get less than 100% DV of these each day:

- Saturated Fat
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)
- Sodium
- Added Sugars

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsaturated nuts and seeds

Nutrition Facts
Read the Label

Revised: October 2018

www.fda.gov/nutritioneducation



Source: www.fda.gov/media/89314/download

Plan for Success

Food Tracking Module and Personalized Pledge

This “Food Tracking” module shares more benefits of food tracking, including how it can double your weight loss! It also includes a tool to choose a personalized way to improve food tracking. You can also create a new personalized pledge to stay committed to your goals.

Food Tracking Module

The screenshot shows a dark blue background with various food and health-related icons (calendar, fork and plate, carrot, apple, banana, clock, smartphone, etc.) scattered around. At the top center is the logo for "PREVENT T2D" with the tagline "A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES". Below the logo, the text "Get on the right track." is displayed in a large, light blue font. Underneath that, a paragraph reads: "This week, you learned how tracking your food can help you lose weight. Remember, the better you track what and how much you eat, the closer you will be to achieving your Six-Month Goal!". Below the paragraph, the text "Ready. Set. Go!" is written in a light blue font. At the bottom center, there is a white button with the word "Start" in blue text.

www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=5

Plan for Success

Personalized Pledge



Redefine your goals. Recommit to yourself. Make healthy living a habit.

Now that you're a few weeks into your program, it's important to stop and reflect on your goals. What has been working? What has been holding you back?

Let's go!

www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=2

How To Overcome Challenges

Many challenges we face can seem like brick walls in the way of our goals. Tracking your food intake may seem like just one more thing to add to your busy life. But if you can put yourself first for at least a few minutes of the day to track your food, you will learn things about your eating patterns that will make the healthier choice the easier choice!

Here are some common challenges and ways to overcome them. Write your own ideas in the “Other Ways to Overcome” column. Check off each idea you try in the future.

Challenge	Ways to Overcome	Other Ways to Overcome
I'm too busy.	<ul style="list-style-type: none"><input type="checkbox"/> Make time to track. It takes just a couple minutes after each meal or snack. And it gets faster over time!<input type="checkbox"/> Remember why you are tracking—to lower your risk of type 2 diabetes!	
I have trouble reading and writing.	<ul style="list-style-type: none"><input type="checkbox"/> Record your voice with a smartphone or another 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.	

How To Overcome Challenges

Challenge	Ways to Overcome	Other ways to Overcome
I keep forgetting.	<ul style="list-style-type: none"><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.	
I don't like to track.	<ul style="list-style-type: none"><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 smartphone and computer apps.	

How To Overcome Challenges

How To Build on Strengths

Strength	Ways to Build on Strength	Why? How will this help me?
I get a lot done using my smartphone, so I could probably take a few minutes to track my food on an app.	<ul style="list-style-type: none">• If you like spreadsheets or email, use those to track your meals.• Start tracking for 3 to 4 days when you get little breaks in the day, or make a routine of tracking after you eat.	<ul style="list-style-type: none">• Tracking what you eat will help you learn about the things you're doing well and figure out the things you need to work on.• Knowing how your food choices add up will help you choose well in the future.
I think I eat pretty healthy, but I can't seem to lose weight.	<ul style="list-style-type: none">• Tracking will increase your awareness of all the food you eat and uncover "hidden" calories.	<ul style="list-style-type: none">• Losing a few pounds will help you prevent type 2 diabetes.
I'm making an effort to be more active, so I know I'm burning a lot of calories, but I'm not so sure about what I'm eating.	<ul style="list-style-type: none">• If you're already tracking your activity in an app, it's easy to start tracking your food the same way.	<ul style="list-style-type: none">• By keeping track of calories you take in and the calories you burn through activity, you get a better understanding of energy balance.