

Your Daily Food Log

Date:	Calories
Breakfast	
Lunch	
Dinner	
Snack	
Total calories consumed	
Milk (8 ounce serving per box)	
<input type="checkbox"/> <input type="checkbox"/>	
Fruits and Vegetables	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Water (8 ounce serving per box)	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Activity (10 minutes per box)	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Know Your Danger Zones.

Whether they are hors d'oeuvres at a party, dinner at a restaurant or snacks during the work day, recognize your danger zones and create a plan to handle those temptations in a healthy way.

Living Well

Managing Your Weight



For additional information, please contact our Health Promotion department at (715) 552-4300 or (888) 203-7770.

Did you know

that burning an extra 100 calories a day is equivalent to ten pounds a year?

Have you heard about food policies?

A food policy is a great way to help keep yourself accountable in your eating habits. These are simply guidelines you set for yourself to follow when making food choices. Here are a few examples:

- Never eat snacks directly out of a bag.
- Throw half of the french fries away when you get the order.
- Take 20 percent less food than you normally do and don't go back for seconds.

Implement food trade-offs.

Depriving yourself of the foods you love is difficult and unrealistic to maintain long-term. Instead, consider implementing food trade-offs, where you allow yourself to indulge under a healthy condition. Here are a couple of examples:

- I can eat dessert if I have worked out.
- I can have popcorn at the movies if I make sure to eat a well-balanced meal at dinner. This includes lean protein and lots of vegetables.

The Hunger & Fullness Scale

Designed to help you become more sensitive to your body's signals of hunger and fullness, the hunger and fullness scale features a ranking system of 1 to 7 to describe your current state.

1	Very hungry; starving; desperate.
2	Moderately hungry; ready to eat.
3	Mildly hungry; beginning hunger.
4	Neutral.
5	Mildly full; satisfied.
6	Very full; beginning to feel distended.
7	Much too full; feels stuffed.

Using the hunger and fullness scale.

The scale itself is simple to use, but here are a few tips to keep in mind.

- Never allow yourself to get down to 1.
- Try to regularly stay between 2.5 and 5.5.
- Have healthy snacks planned in advance and eat one if you find yourself falling below 2.5 on the scale.
- It typically takes three to four hours for the stomach to empty, so you should try not to go too much longer than that without eating.
- Stop eating at 5.5.
- Eat slowly. It takes 20 minutes for your brain to know your stomach is full.

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