Keep track of what you eat daily

Tracking your food will help bring awareness to the types of food you are eating and how much.

There are many ways you can track what you eat.
- Use a notebook and include the nutrition information
- There are many apps out there if you prefer an electronic method. For example, Lose It, My Fitness Pal, Chronometer, and many more.

Tips for meals at work
- Prepare quick snacks at home
- Wash and cut fruits and vegetables
- Portion them out into containers or bags
- Don't forget protein!
- Cook chicken breast during days off
- Portion it out for quick grabs
- Keep some jerky for emergencies
- If you are keeping your food in a shared fridge or freezer, don’t forget to label it.

If you fail to plan, you are planning to fail!

— Benjamin Franklin

References (abbreviated)

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1. Halstenson, Cindy RD, LD, CDE 2015
2. Barke, Sheri 2003
4. ChooseMyPlate.gov
### Good Protein Sources
- Black Bean Pasta
- Cottage Cheese
- Chicken Breast
- Egg Whites
- Greek Yogurt
- Pork Tenderloin
- Tofu
- Tuna
- Soy
- Shrimp

### Good Fat Sources
- Almonds
- Almond Flour
- Avocado Oil
- Butter
- Coconut Milk
- Flax Seed
- Mayonnaise
- Nut Butter
- Olives
- Sesame Oil

### Meal Preparation doesn’t have to be hard
If you like chicken, cook a family package of chicken and have it in the refrigerator. Plain chicken can be made into several different meals or you can prep the whole week if you prefer.

*Planning ahead will help you avoid temptations and having to come up with meals at the last minute, which can lead to unhealthy choices.*

### Good Carbohydrate Sources
- Cereal
- Fruit
- Popcorn
- Potatoes
- Rice
- Squash
- Whole Grain Bread

### Quick and Healthy Snacks
- Rice Cakes
- Cucumbers
- Celery
- Apple with Peanut Butter
- Greek Yogurt
- Lara bars
- Oatmeal
- Pickles
- Popcorn