

# Food Choices Log



*otal's Women Health of Baltimore*

# Tips -calculate % protein, fat and carbs for each meal



## Breakfast

Apart from providing us with energy, breakfast foods are good sources of important nutrients such as calcium, iron and B vitamins as well as protein and fiber. The body needs these essential nutrients and research shows that if these are missed at breakfast, they are less likely to be compensated for later in the day.



## Snack

Even though snacking has developed a bad image, snacks are an important part of your diet. They can provide energy in the middle of the day or when you exercise. A healthy snack between meals can also decrease hunger and keep you from overeating at meal time.



## Lunch

Lunch is an important meal of a day. Food is what gives you energy. Lunch raises your blood sugar level in the middle of the day, making you be able to focus for the rest of the afternoon.



## Dinner

Believing that one meal is the foundation of success can be detrimental to your healthy living goals. Dinner is an important meal and should not be skipped. So, definitely eat a light dinner and stay awake at least 2 hours after that.