

1500 Calorie Food Checklist:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Vegetable <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Fats & oils <input type="checkbox"/> <input type="checkbox"/> Sugar <input type="checkbox"/> Yes <input type="checkbox"/> No Satiety Scale 1 2 3 4 5 6 7 8 9 10	Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Vegetable <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Fats & oils <input type="checkbox"/> <input type="checkbox"/> Sugar <input type="checkbox"/> Yes <input type="checkbox"/> No Satiety Scale 1 2 3 4 5 6 7 8 9 10	Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Vegetable <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Fats & oils <input type="checkbox"/> <input type="checkbox"/> Sugar <input type="checkbox"/> Yes <input type="checkbox"/> No Satiety Scale 1 2 3 4 5 6 7 8 9 10	Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Vegetable <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Fats & oils <input type="checkbox"/> <input type="checkbox"/> Sugar <input type="checkbox"/> Yes <input type="checkbox"/> No Satiety Scale 1 2 3 4 5 6 7 8 9 10	Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Vegetable <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Fats & oils <input type="checkbox"/> <input type="checkbox"/> Sugar <input type="checkbox"/> Yes <input type="checkbox"/> No Satiety Scale 1 2 3 4 5 6 7 8 9 10	Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Vegetable <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Fats & oils <input type="checkbox"/> <input type="checkbox"/> Sugar <input type="checkbox"/> Yes <input type="checkbox"/> No Satiety Scale 1 2 3 4 5 6 7 8 9 10	Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Vegetable <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruit <input type="checkbox"/> <input type="checkbox"/> Fats & oils <input type="checkbox"/> <input type="checkbox"/> Sugar <input type="checkbox"/> Yes <input type="checkbox"/> No Satiety Scale 1 2 3 4 5 6 7 8 9 10
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The Hunger - Satiety Scale

Satiety 8	Stuffed to the point of feeling sick
7	Very uncomfortably full (i.e. need to loosen your belt)
6	Very full, feel as if you have overeaten
5	Comfortably full, satisfied
Neutral 4	Comfortable, neither hungry nor full
3	Beginning signals of hunger
2	Hunger, ready to eat
1	Very hunger, unable to concentrate
Hunger 0	Starving, dizzy, irritable

Grains/Starch	Vegetable	Protein	Fruit	Fats & oils	Dairy
<p>1☐ = 100 calories</p> <ul style="list-style-type: none"> • 1 commercial slice whole wheat bread • ½ cup cooked pasta or rice • ½ cup legumes • 1 oz crackers or chips • ½ cup starchy vegetable (peas, potato, corn) • 1 oz cereal (~½ cup - 1¼ cup) 	<p>1☐ = 20-25 calories</p> <ul style="list-style-type: none"> • 1/2 cup cooked non-starchy vegetable • 1 cups raw non-starchy vegetable • 2 cups leafy greens 	<p>1☐ = 1oz = 50 calories</p> <ul style="list-style-type: none"> • 1 piece size of deck of cards = 3oz or 3☐ • 1 chicken breast = 5-6oz or 6☐ • ½ cup legumes = 2☐ • 1 egg = 1☐ 	<p>1☐ = 80-100 calories</p> <ul style="list-style-type: none"> • 1 medium piece • 1 cup raw/ fresh/ frozen • ½ cup applesauce/ cooked fruit 	<p>1☐ = 100 calories</p> <ul style="list-style-type: none"> • 1 Tbsp oil or butter • 1 Tbsp nut butter • 1 oz cheese 	<p>1☐ protein = 50 cal</p> <ul style="list-style-type: none"> • ¾ cup nonfat milk • 3oz or 1/2 cup nonfat Greek yogurt • 1/2 cup nonfat cottage cheese • 2 Tbsp half and half