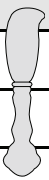






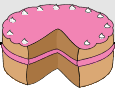


Quick Track

Name _____ Week of _____



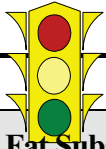
Check (✓) every time you eat ANY AMOUNT of these high-fat foods, including in mixed dishes.
Try to LIMIT these foods.

CAUTION! High-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Added Fats							
Margarine, butter, regular cream cheese 							
Sour cream, gravy							
Oil, lard, bacon fat, shortening							
Salad dressing or mayonnaise (including on sandwiches, in potato salad, tuna salad, coleslaw)							
Dairy Foods							
Whole or 2% milk 							
Coffee creamer, cream, half and half							
Cheese, cheese or cream sauces 							
Meats, Main Dishes							
Hamburger, cheeseburger, ground beef (except super lean), meat loaf, beef burritos, tacos 							
Pizza							
Hot dogs, bologna, salami, ham (except extra lean), other lunch meats 							
Bacon, sausage							
Peanut butter							
Most red meats (except lean cuts, trimmed of fat)							
Fried fish or fried fish sandwich							
Fried chicken, fried chicken sandwich, skin on chicken							
Side Dishes, Breads							
French fries, fried potatoes 							
Pastry, doughnut, croissant 							
Snacks, Desserts							
Potato chips, corn chips, tortilla chips, nuts 							
Cookies, cake, pie, ice cream, chocolate candy							
Other:							

Quick Track

Name _____ Week of _____

Check (✓) every time you eat these lower-fat foods *instead of* a high-fat food, including in mixed dishes. Remember: These foods still contain calories, so be careful about the amounts you eat.



GO! Lower-fat foods	M	Tu	W	Th	Fri	Sat	Sun
Fat Substitutes							
Low-fat or fat-free margarine							
Fat-free cream cheese or sour cream							
Jelly, jam							
Vegetable cooking spray							
Low-fat/nonfat salad dressing or mayonnaise, mustard, catsup							
Dairy Foods							
Skim or 1% milk							
Low-fat or fat-free creamer							
Low-fat or fat-free cheese							
Meats, Main Dishes							
Grilled or roast chicken sandwich, without mayonnaise-based sauce							
Sliced turkey, chicken, or water-packed tuna, with low-fat mayonnaise or mustard							
Lean red meats (round or loin cuts, lean ham), with fat trimmed off							
Fish, baked, broiled or grilled							
Chicken or turkey, without skin, broiled, baked, or grilled							
Side Dishes, Breads							
Baked or boiled potato w/fat-free sour cream							
Bagels, English muffins, low-fat muffins, bread, plain rolls							
Vegetables, raw or cooked without added fat							
Snacks, Desserts							
Pretzels; plain, air-popped popcorn; low-fat chips							
Sherbet, ice milk, fruit ice, low-fat frozen yogurt, fruit							
Other:							