

No Heart Left Behind



HEART HEALTHY FOOD DIARY

Name: _____

Instructions for Mom: In the spaces below, write down one dietary goal you plan to work on each week, and jot down changes that you are able to make that match the goal selected. It's okay to work on the same goal for several weeks, or if you feel comfortable, you can move on to another goal. Here are the 5 goals outlined in Week 4 that you can select from: Add More Whole Grains; Reduce Dietary Fat; Consume More Fruits and Vegetables; Make Healthier Choices Away from Home; and Eat to Lower High Blood Pressure.

Example:

Week 4's Goal: *Reduce Dietary Fat and Choose Healthier Fats*

Healthier Choices: *Switched to 1% milk, ate fish twice this week, and used lite mayo.*

Week 4's Goal:

Healthier Choices:

Week 5's Goal:

Healthier Choices:

Week 6's Goal:

Healthier Choices:

Week 7's Goal:

Healthier Choices:

This form needs to be turned in to your Coach at the end of the program. Coaches then need to give this form to the Program Coordinator, along with the physical activity form.



**CHRISTIANA CARE
HEALTH SYSTEM**

Center for Heart & Vascular Health



Delaware Center
for Health Promotion