

Dietary dairy of self-monitoring of food consumption Self-monitorYourDiet® (ver. 2.0 of 29.07.2024) – A SAMPLE WITH CALCULATIONS

FOODS RECOMMENDED FOR CONSUMPTION AND FOODS WITH LIMITED CONSUMPTION

Monitor your food intake after every meal and snack (or at least once a day).

Try to achieve your dietary goal.

If you're not meeting your dietary goal, improve your diet to take better care of your health.

Day	Vegetables e.g. raw, cooked, baked, stewed	Fruits without jam, candied fruit, etc.	Dairy foods e.g. milk, yogurt, kefir, cottage cheese, cheese	Whole grains e.g. buckwheat grain, wholemeal wheat and rye bread, wholemeal pasta, oat flakes	Fish and seafood e.g. baked, cooked, stewed	Legumes, nuts and seeds e.g. lentils, peas, soybeans, beans, various nuts, pumpkin seeds, sunflower seeds	Meat products various types of meat, sausages,	Sweets and sugar including highly sweetened jams, ice cream, candied fruit, etc.	Sweetened beverages and energy drinks e.g. with sugar, glucose-fructose syrup, artificially sweetened	Fast foods e.g. hot-dogs, hamburgers, chips, French fries, pizza, tortilla, deep-fried foods	Alcohols e.g. wine, beer, alcohol drinks, vodka, brandy
Month: October 2019											
Mark × every time you eat approximately 1 SERVING of food, you don't have to weigh food – follow your intuition											
1	xxx	xxx	x	x	x	x	xx			x	x
2	x	xxx	x	xx			x	x			
3	xx	xxxx	xx				xxx				
4	xxx	xxx	xx	x	x		x				x
5	xx	xxx	xx	x	x		xx	x			
6	xxx	xxxx	x	xx			xxx			x	
7	x	xxxx	xx	x		x	xxx	x			
8	xx	xxx	x	xx	x		xx				x
9	xxx	xxxxx	xx			xx	xxx				
10	xxxx	xxx	xxx	x	x		x				
11	xx	xxxx	x	xx			xx	x		x	
12	xxx	xxxx				xx	xxxx				
13	x	xxx	xx	xxx		x	xx				
14	xx	xxxx	x				xxx	x			
15	xxx	xx	xx	x	x		x				
16	x	xxx		x			xxx				
17	xxx	xxxx	x				xx	xx			x
18	x	xxx	xx	xx		xx	xx				
19	xxx	xxxxx	x				xxx	x		x	
20	xx	xxx	xxx	xx			xxx				
21	xxx	xxxx	xx		x	x	x				
22	xxx	xxx	x	xx		xx	xxx	x			
23	xx	xxx	xx	x	x		x				
24	xxx	xxxx	x	xx			xx				
25	xx	xx	xx	x	xx		x	x		x	
26	x	xxxx	x	xx			x				x
27	xxx	xxx	xxx				xxx				
28	x	xx	x	x	x		x			x	
29	xxx	xxxx	xx			xx	xx				
30	xx	xxx	x	xx			xxx	x			
31	xxx	xx	xxx	x	xx	x	x				
Dietary goal – eat at least:						Dietary goal – eat no more often than:					
3 times a day		once a day		2 times a day		once a day		5 times a week		once a week	
71/31=2.29		104/31=3.35		49/31=1.58		34/31=1.10		13/31=0.42		16/31=0.52	
65 /31=2.10		11/31=0.35		0/31=0		6/31=0.19		5/31=0.16			
Points	0	1	0	1	1	1	0	0	1	0	0
Total points: 6 points, after adding 1 point for consumption frequency of vegetables and fruits in total (sum: 2.29 + 3.35 = 5.64) as recommended (>5 times a day)											

Table. Scoring for achieving a dietary goal

Foods	Dietary goal	Cut-offs (times/day)	Scoring for answers (points)	
			Yes	No
Vegetables	Minimum 3 times/day	$\geq 3,0$	1	0
Fruits	Minimum 2 times/day	$\geq 2,0$	1	0
Dairy foods	Minimum 2 times/day	$\geq 2,0$	1	0
Whole grains	Minimum once/day	$\geq 1,0$	1	0
Fish and seafood	Minimum 2 times/week	$\geq 0,29$	1	0
Legumes, nuts and seeds	Minimum once/week	$\geq 0,14$	1	0
Meat products	Maximum 5 times/week	$\leq 0,71$	1	0
Sweets and sugar	Maximum once/week	$\leq 0,14$	1	0
Sweetened beverages and energy drinks	Maximum once/week	$\leq 0,14$	1	0
Fast foods	Maximum once/week	$\leq 0,14$	1	0
Alcohols	Maximum once/week	$\leq 0,14$	1	0
Vegetables and fruits in total (sum of average daily frequencies)	Minimum 5 times/day	$\geq 5,0$	1	0