

**Dietary diary of self-monitoring of food consumption Self-monitorYourDiet® (ver. 2.0 of 29.07.2024)**

**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	<b>Vegetables</b> e.g. raw, cooked, baked, stewed	<b>Fruit</b> without jam, candied fruit, etc.	<b>Dairy foods</b> e.g. milk, yogurt, kefir, cottage cheese, cheese	<b>Whole grains</b> e.g. buckwheat grain, wholemeal wheat and rye bread, wholemeal pasta, oat flakes	<b>Fish and seafood</b> e.g. baked, cooked, stewed	<b>Legumes, nuts and seeds</b> e.g. lentils, peas, soybeans, beans, various nuts, pumpkin seeds, sunflower seeds	<b>Meat products</b> various types of meat, sausages,	<b>Sweets and sugar</b> including highly sweetened jams, ice cream, candied fruit, etc.	<b>Sweetened beverages and energy drinks</b> e.g. with sugar, glucose-fructose syrup, artificially sweetened	<b>Fast foods</b> e.g. hot-dogs, hamburgers, chips, French fries, pizza, tortilla, deep-fried foods	<b>Alcohols</b> e.g. wine, beer, alcohol drinks, vodka, brandy	
Month: ..... Year: ..... <b>Mark * every time you eat approximately 1 SERVING of food, you don't have to weigh food – follow your intuition</b>												
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	<b>Dietary goal – eat at least:</b>						<b>Dietary goal – eat no more often than:</b>					
	3 times a day	once a day	2 times a day	once a day	2 times a week	once a week	5 times a week	once a week	once a week	once a week	once a week	