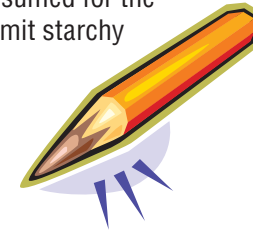


Session 2 – Carbohydrates

V. Activity

Using the food journal the client will record the number of fruits, vegetables, and whole grains they consumed for the day. The goal is to aim for a combination of 5 servings a day of fruits, whole grains and vegetables; and limit starchy vegetables such as potatoes, and corn.



Weekly Log: Carbohydrates Consumed

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits							
Non – starchy vegetables							
Whole Grains							
Daily Total							

