



**Occupational Health & Wellness Center**  
 812-537-8323 or 800-676-5572, ext. 8323  
*Working on Wellness*

*Lowering your cholesterol and glucose begin with an awareness of your daily intake. Keep this food diary for a day and bring your completed form to OccHealth to be entered into a drawing for a gift certificate.*

**Breakfast**

Item	Carbohydrates	Cholesterol
TOTAL		



**Lunch**

Item	Carbohydrates	Cholesterol
TOTAL		



**Dinner**

Item	Carbohydrates	Cholesterol
TOTAL		



**Snacks**

	Carbohydrates	Cholesterol
TOTAL		



DAILY TOTAL:     Carbohydrates \_\_\_\_\_ Cholesterol \_\_\_\_\_

Cholesterol:  
 Target: Aim for 300 mg or less per day  
 If currently high cholesterol: Aim for 200 mg or less per day

Carbohydrates:  
 The Dietary Guidelines for Americans recommends that carbohydrates make up 45 to 65 percent of your total daily calories. 2,000 calories a day=between 900 and 1,300 calories (225-325grams/day)