Worksheet 1-1 Cutting Back on High-Calorie Foods Form

Instructions: This week, avoid or cut down (by at least one-third) your intake of the common high-calorie foods listed here. Place a check next to the foods you plan to avoid or cut back your intake of by at least one-third this week.

☐ Chips
☐ Nuts, buttered popcorn, pretzels, cheese puffs, and other salty snack foods
☐ Full-calorie butter or margarine
☐ Full-calorie mayonnaise
☐ Full-calorie salad dressing
☐ Full-calorie soda, lemonade, iced tea, sports drinks, juice drinks
☐ Cream or whole milk
☐ Cookies, cakes, pies, muffins, donuts
☐ Ice cream or other high-calorie frozen desserts
☐ Chocolate or candy
☐ High-sugar cereal
☐ Alcohol (beer, wine, liquor)
☐ Cream- or cheese-based dips or spreads