



# FOOD

# TRACKER

**MCT2D**  
*prevent.MCT2D.org*



# Welcome!

## Introduction

This booklet is here to help you build healthy lifestyle habits. Tracking what you eat and drink, your sleep, energy, and activity levels can help you notice what helps you feel your best. You do not have to be perfect. Try one small change at a time. Small changes can add up and make a big difference in building healthy life-long habits. Think of this tool as a place to check in with yourself and build lifestyle habits that work for you.

## Definitions & Terms

### Carbohydrate (Carb)

Your body breaks down carbohydrates into sugar (glucose) which it uses for energy. Your body can use the sugar immediately or store it for later use in organs like the liver and tissues like muscle and fat. The quality, quantity, and balance of carbs with other nutrients matter for your long-term health.

### Protein

Protein is necessary for muscle growth and repair, and the maintenance of healthy skin, hair, nails, and other organs. It also helps you stay full longer and can keep your blood sugar levels steadier.

### Fat

Dietary fats are nutrients that give your body energy, help absorb vitamins, and support overall health.

### Satisfaction

Satisfaction includes your enjoyment of a meal, your feeling of fullness, how long you stayed full, and your energy level. In this food tracker, you will notice the line "rate your satisfaction" after every meal. When you complete this section, think about how enjoyable your meal was and how full you felt after. Give a thumbs up if you felt satisfied with what you ate or a thumbs down if you didn't. As you complete the food tracker, look for patterns in what foods or meals you found satisfying.

## Daily Totals

Total Green: \_\_\_\_\_ Total Yellow: \_\_\_\_\_ Total Red: \_\_\_\_\_

Movement: ★ ★ ★ ★ ★ ★ (1 star = 5 mins)

Water: ☹ ☹ ☹ ☹ ☹ ☹ ☹ ☹ (1 drop = 1 cup)

How long did you sleep last night? \_\_\_\_\_ Hours      What was your energy today? 😊 😐 😴

## Reflection

**Win:** What went well today? **Progress:** What's one small change to consider tomorrow? **Support:** What will help me do that?

### Optional Tracking:

Blood Sugar AM: \_\_\_\_\_ Midday: \_\_\_\_\_ PM: \_\_\_\_\_

Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

Date: \_\_\_\_\_ Today's Goal: \_\_\_\_\_

## How the Colors Work

**Meal One**

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

**Meal Two**

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

**Meal Three**

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

**Snack**

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Adjusting your diet starts with focusing on eating more green foods, being mindful of yellow foods, and trying to limit red foods.

### ● Green – Steady Blood Sugar & Energy

Green foods keep your insulin and blood sugar levels steady. They're your green light for eating anytime and use as the foundation for your meals and snacks.

Examples:

- Non-Starchy Vegetables: leafy greens, broccoli, peppers, zucchini, green beans
- Proteins: eggs, fish, chicken, turkey, lean meat, tofu, edamame, beans, lentils
- Fruits lower in natural sugars (whole, not juice): berries, apples, pears, oranges
- Legumes: lentils, chickpeas, black beans, kidney beans, green peas
- Healthy fats: nuts, seeds, olive oil, avocado, nut butters
- Fermented dairy products: plain Greek yogurt, cottage cheese, cheese

### ● Yellow – Okay in Moderate Portions

Yellow foods can raise your insulin and blood sugar levels, but not as drastically as red foods. Enjoying these in moderation is key, and it's good to pair with Green Foods like proteins, vegetables, or healthy fats.

Examples:

- Whole grains: whole wheat bread, brown rice, rolled or steel-cut oats, quinoa, farro, barley, millet
- Starchy vegetables: sweet potato, corn, beets, yam, plantain, pumpkin, winter squash
- Fruits higher in natural sugars: bananas, pineapple, mango
- Unsweetened dairy with natural sugar: milk

### ● Red – Fast Blood Sugar Rise

Red foods make your insulin and blood sugar levels go up very quickly. It's best to eat these sparingly or not at all.

Examples:

- White bread, bagels, pasta, white rice, potatoes (chips, fries, mashed)
- Sugary cereals and snack foods like granola bars
- Pastries, cookies, candy, ice cream, cake
- Sugary drinks (soda, energy drinks, juice, sweet tea & coffee drinks)
- Chips and crackers made with refined flour

# How to Use the Food Tracker

1. Write down each item you ate during your meals and check off its color.
2. Rate how satisfied you felt after the meal.
3. At the end of the day record the total of check marks for each color.
4. Check off the amount of movement you did during the day.
5. Check off how many cups of water you drank throughout the day.
6. Record hours of sleep and your energy level for the day.
7. Reflect on how your day went in the notes section.
8. Optionally track your blood sugar, weight, and blood pressure.

Green    Yellow    Red

|                           |                                     |                                     |                                     |
|---------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 2 slices of wheat bread   | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| 3 slices of deli turkey   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
| 1 slice of cheddar cheese | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| 1 bag tortilla chips      | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| 25 Almonds                | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |

Rate your satisfaction:

Time: 12:35pm

Movement:       (1 star = 5 mins)

Water:         (1 drop = 1 cup)

How long did you sleep last night? 6 Hours    What was your energy today?

**Win:** What went well today? **Progress:** What's one small change to consider tomorrow? **Support:** What will help me do that?

I planned ahead and packed a lunch to take to work. Tomorrow I am going to take a pickle and an orange instead of tortilla chips. I'll try to take the stairs instead of the elevator at work. I'll let my coworker know so she holds me to it.

## Daily Totals

Total Green: \_\_\_\_\_ Total Yellow: \_\_\_\_\_ Total Red: \_\_\_\_\_

Movement:       (1 star = 5 mins)

Water:         (1 drop = 1 cup)

How long did you sleep last night? \_\_\_\_\_ Hours    What was your energy today?

## Reflection

**Win:** What went well today? **Progress:** What's one small change to consider tomorrow? **Support:** What will help me do that?

### Optional Tracking:

Blood Sugar AM: \_\_\_\_\_ Midday: \_\_\_\_\_ PM: \_\_\_\_\_

Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

Date: \_\_\_\_\_ Today's Goal: \_\_\_\_\_

Meal One

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
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| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Meal Two

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
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| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Meal Three

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
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| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Snack

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
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| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

## Additional Resources

### MCT2D Diabetes Prevention

A website designed with strategies and resources to improve your metabolic health and prevent the progression to type 2 diabetes.



[prevent.mct2d.org](http://prevent.mct2d.org)

### MI 211

A statewide community resource that connects Michigan residents to local support for needs like food, housing, utilities, transportation, and crisis assistance.

Call or Text 2-1-1 to get help right away!



Michigan



[mi211.org](http://mi211.org)

### SatisfAI

Create your own custom low carb recipes in just a few clicks using our artificial intelligence powered tool.



[michmed.org/xrgdB](http://michmed.org/xrgdB)

### Low Carb Jumpstart

An interactive website to help people with type 2 diabetes learn how to start and sustain a low carb lifestyle.



[jumpstart.mct2d.org](http://jumpstart.mct2d.org)

Date: \_\_\_\_\_ Today's Goal: \_\_\_\_\_

Meal One

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
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## Daily Totals

Total Green: \_\_\_\_\_ Total Yellow: \_\_\_\_\_ Total Red: \_\_\_\_\_

Movement: ★ ★ ★ ★ ★ ★ (1 star = 5 mins)

Water: (1 drop = 1 cup)

How long did you sleep last night? \_\_\_\_\_ Hours

What was your energy today?

## Reflection

**Win:** What went well today? **Progress:** What's one small change to consider tomorrow? **Support:** What will help me do that?

### Optional Tracking:

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| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Meal Two

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Meal Three

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Snack

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
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| _____ | ●     | ●      | ●   |

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Time: \_\_\_\_\_

## Daily Totals

Total Green: \_\_\_\_\_ Total Yellow: \_\_\_\_\_ Total Red: \_\_\_\_\_

Movement: ★ ★ ★ ★ ★ ★ (1 star = 5 mins)

Water: (1 drop = 1 cup)

How long did you sleep last night? \_\_\_\_\_ Hours

What was your energy today?

## Reflection

**Win:** What went well today? **Progress:** What's one small change to consider tomorrow? **Support:** What will help me do that?

### Optional Tracking:

Blood Sugar AM: \_\_\_\_\_ Midday: \_\_\_\_\_ PM: \_\_\_\_\_

Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

Date: \_\_\_\_\_ Today's Goal: \_\_\_\_\_

Meal One

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
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Meal Two

|       | Green | Yellow | Red |
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Meal Three

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|-------|-------|--------|-----|
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Meal One

|       | Green | Yellow | Red |
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Meal Two

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Meal Three

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Meal One

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
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|       | Green | Yellow | Red |
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| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Meal Three

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
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| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Snack

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
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| _____ | ●     | ●      | ●   |

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Time: \_\_\_\_\_

## Daily Totals

Total Green: \_\_\_\_\_ Total Yellow: \_\_\_\_\_ Total Red: \_\_\_\_\_

Movement: ★ ★ ★ ★ ★ ★ (1 star = 5 mins)

Water: (1 drop = 1 cup)

How long did you sleep last night? \_\_\_\_\_ Hours

What was your energy today?

## Reflection

**Win:** What went well today? **Progress:** What's one small change to consider tomorrow? **Support:** What will help me do that?

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Blood Sugar AM: \_\_\_\_\_ Midday: \_\_\_\_\_ PM: \_\_\_\_\_

Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

Date: \_\_\_\_\_ Today's Goal: \_\_\_\_\_

Meal One

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
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Rate your satisfaction:

Time: \_\_\_\_\_

Meal Two

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
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Meal Three

|       | Green | Yellow | Red |
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|       | Green | Yellow | Red |
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Meal Two

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Meal One

|       | Green | Yellow | Red |
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Meal Two

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|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

Snack

|       | Green | Yellow | Red |
|-------|-------|--------|-----|
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |
| _____ | ●     | ●      | ●   |

Rate your satisfaction:

Time: \_\_\_\_\_

## Daily Totals

Total Green: \_\_\_\_\_ Total Yellow: \_\_\_\_\_ Total Red: \_\_\_\_\_

Movement: ★ ★ ★ ★ ★ ★ (1 star = 5 mins)

Water: (1 drop = 1 cup)

How long did you sleep last night? \_\_\_\_\_ Hours

What was your energy today?

## Reflection

**Win:** What went well today? **Progress:** What's one small change to consider tomorrow? **Support:** What will help me do that?

### Optional Tracking:

Blood Sugar AM: \_\_\_\_\_ Midday: \_\_\_\_\_ PM: \_\_\_\_\_

Weight: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_