

NAME: _____

PERIOD: _____

TEACHER: _____

Nutrition

Comparisons with the Canada Food Guide

Remember...

- Change one thing at a time
- Small changes are easier than big changes
- Goals should include foods that you like and are accessible to you
- Changes and goals are easier to remember if you write them down
- Celebrate the small changes you make

Step 1: Write down everything that you ate yesterday. Then estimate the number of servings you consumed for each meal.

Meal	Food Consumed	# of Vegetable and Fruit Servings	# of Grain Product Servings	# of Milk and Alt. Servings	# of Meat and Alt. Servings	# of Foods to Limit Choices
Breakfast						
Lunch						
Dinner						
Snacks						
Total Number of Servings:						

Step 2: Compare your total number of servings for each food group with the minimum number of servings you need from Canada's Food Guide.

Number of servings you ate from each food group	Minimum number of servings you need from each food group – Canada Food Guide
Vegetables and Fruit:	Age Group: _____ F M Vegetables and Fruit:
Grain Products:	Grain Products:
Milk and Alternatives:	Milk and Alternatives:
Meat and Alternatives:	Meat and Alternatives:

- Did you meet the minimum serving for each food group? YES NO
- Were there any food groups where you had more than the recommended serving amounts? If so, which one(s)?

- Were there any food groups where you had less than the recommended serving amounts? If so, which one(s)?

- What food group(s) did most of your snacks come from?

- Did you choose different kinds of foods from each food group? YES NO

FOOD GOAL!: write down at least one change you will make and indicate when you intend to start
