

Monitoring Sheet for SMART Nutrition Goal

Date	# Servings Vegetables and Fruit		# Servings Grain Foods		# Servings Protein Foods		# Servings Fat/Oil		# Calories of "Other" Foods/Drinks	
		# V	# F	Rice, pasta, bread, oats, cereal, quinoa etc.	✓ whole grain	Beans, nuts, tofu, meat, fish, eggs, cheese etc.	✓ plant protein	oils, butter, mayo, margarine	✓ plant oil	Junk & snack foods, sugary drinks, alcohol, cakes, candies, sugar etc.
Breakfast										
Mid-morning snack										
Lunch										
Mid-afternoon snack										
Dinner										
Evening snack										
My total for the day										
My goal for the day					Aim for lots of check marks		Aim for lots of check marks		Aim for lots of check marks	
Difference (+/-)										
Notes		Aim for more vegetables than fruit		Choose whole grain foods frequently		Choose plant protein foods often		Focus on plant oils (E.g olive oil, vegetable oil)		Aim for 10% or less of your daily calories from "other" foods
Serving sizes		½ cup (125 ml, 4 oz.) of frozen, fresh or canned fruit or vegetables, or one piece of fruit.		1 slice bread; ½ bagel or pita, 1 small tortilla; ½ cup cooked grains (e.g. rice, quinoa, barley) or pasta; 30 grams cold cereal; ¾ cup hot cereal		75 grams (about ½ cup) cooked meat, poultry, fish or shellfish; ¾ cup beans or lentils; ¼ cup nuts or seeds; 1 cup milk; 2 eggs; ¾ cup yogurt; 50 grams cheese, 2 Tbsp. peanut butter		1 tablespoon (15 ml)		