

# Nutrition Monitoring Sheet

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.
<b><u>Breakfast</u></b>										
<b><u>Mid-morning snack</u></b>										
<b><u>Lunch</u></b>										
<b><u>Mid-afternoon snack</u></b>										
<b><u>Dinner</u></b>										
<b><u>Evening snack</u></b>										
<b>My total for the day</b>										
<b>My goal for the day</b>										
<b>Difference (+/-)</b>										
<b>Notes</b>	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	
<b>Serving sizes</b> (for more detail, see "Average Calorie Content of Food" table)	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; ¾ cup yogurt; 50 grams cheese, 2 Tbsp. peanut butter		1 tablespoon (15 ml)			