

Worksheet to Plan a Day of Healthy Eating

Date: _____

According to Canada's Food Guide

2007-2019 edition

Use this worksheet to plan a day of healthy eating or to record your nutrition for the day. Begin by entering in the last row your goal for the amount of servings in each food group and your goal for the amount of calories of "Other" foods and drinks for the day (see back of this sheet for information on number of servings). Then, record what you plan to eat—or what you have eaten—in the left column. Include detail on amount and quality (e.g. 1 cup skim milk, 2 slices whole grain bread, 75 grams lean ground beef). For "Other" foods and drinks (e.g. chocolate, alcohol) that don't fit into main categories, record as accurately as possible the amount of calories rather than servings. Add up the servings (or calories) you plan to consume—or those you have consumed—in the "My total for the day" row and see how it compares to your goal. (See back of this sheet for an example of a completed sheet).

	Fruit & Veg	Grains	Milk and alternatives	Meat and alternatives	Fat and oils (Tbsp)	Other
Breakfast						
Mid-morning snack						
Lunch						
Mid-afternoon snack						
Dinner						
Evening snack						
My TOTAL for the day						
My GOAL for the day						

Canada Food Guide Recommended Daily Servings

	Males		Females	
	19-50 years	51+ years	19-50 years	51+ years
Fruit and vegetables	8-10	7	7-8	7
Grains	8	7	6-7	6
Milk and alternatives	2	3	2	3
Meat and alternatives	3	3	2	2

- **Oils and fats:** The Canada Food Guide recommends a small amount of oils and fats (30-45 ml or 2-3 Tbsp), with a focus on healthful unsaturated fats, which are usually liquid at room temperature and come from plants such as olive oil, Canola oil or soybean oil.
- **Other foods:** The Guide recommends that people limit their consumption of foods and beverages high in calories, fat, sugar and/or sodium (salt), such as alcohol, cakes and candies. Nutrition experts recommend consuming a maximum of 10% of daily calories in these foods, which for most people translates to 150-200 calories of these foods/beverages per day.

Example of Completed Food Monitoring Sheet

	F/V	Gr	Milk	Meat	Oil Tbsp	Other cal
Breakfast						
1 whole grain bagel		2				
2 Tbsp raspberry jam						50
1 Tbsp non-hydrogenated margarine					1	
1 banana	1					
½ cup melon	1					
Mid-morning snack						
¼ cup almonds				1		
Lunch						
1 cup pasta		2				
1 cup tomato & veggie pasta sauce	2					
Salad of 1 cup lettuce + ½ cup chopped vegetables	2					
1 Tbsp low-fat salad dressing					1	
Mid-afternoon snack						
1 low-fat granola bar						100
¾ cup yogurt			1			
Dinner						
75 grams grilled salmon				1		
1 cup rice		2				
1 cup roasted vegetables	2					
1 Tbsp olive oil for roasting					1	
Evening snack						
50 grams cheese			1			
My TOTAL for the day	8	6	2	2	3	150
My GOAL for the day	8	6	2	2	3	150

One Food Guide serving is:

Fruit and vegetables	<ul style="list-style-type: none"> • ½ cup* frozen, fresh or canned fruit or vegetables • 1 piece of fruit • 1 cup raw greens (e.g. lettuce) or ½ cup cooked greens (e.g. cooked spinach)
Grains	<ul style="list-style-type: none"> • 1 slice of bread (35 g) • ½ bagel, pita or tortilla • ½ cup cooked rice or other grains, or pasta • 30 grams of cold cereal • ¾ cup hot cereal
Milk and alternatives	<ul style="list-style-type: none"> • 1 cup milk or soy milk • ¾ cup yogurt • 50 grams** cheese
Meat and alternatives	<ul style="list-style-type: none"> • 75 grams (½ cup) cooked meat, poultry or shellfish*** • ¾ cup legumes (e.g. beans, lentils); • 2 eggs • 2 Tbsp peanut butter • ¼ cup nuts
Fats/oil	1 Tbsp oil, mayonnaise, margarine, butter etc

* ½ cup is 125 ml (4 oz.), which is a little bit smaller than a tennis ball

** 50 grams of cheese is about the size of two 9-volt batteries

*** 75 grams of cooked meat, poultry or shellfish is about the size of a deck of cards



Note

The recommended servings in Canada's Food Guide (2007-2019 edition) are based on the average Canadian male and female. If you are significantly larger/smaller than the average Canadian, are very active or have weight loss or weight gain goals then you may need to adjust the number of recommended servings. Instructions on how to modify the number of servings for weight loss are available on the Health Services website. In the "Healthy Living" section (concordia.ca/healthyliving) select "Healthy Eating" and scroll down to "For those who want to know more". Select "Nutrition and Healthy Weight" and then look for the link to "How to adjust servings in Canada's Food Guide for weight loss".

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