Monitoring Sheet for Nutrition Goal based on Canada's Food Guide. Canada's Food Guide recommends that every day half (1/2) of the food a person consumes be vegetables and fruit (with more vegetables than fruit), one quarter (1/4) be grain foods (with a focus on whole grain foods) and one quarter (1/4) be protein foods, such as beans, nuts or soy, included). This monitoring sheet also includes a recommendation of 2-4 Tbsp of oils/fats, with a focus on plant oils such as olive oil. Finally, this sheet has a section to monitor "Other" foods and drinks such as fast food burgers and pizza, chips, cake, ice cream, energy drinks, soda, alcohol, and juice. It is recommended that "other" foods comprise no more than 10% of daily calories, which is about 150-300 calories for most people.

Instructions: At the end of the day, reflect on the foods you consumed. Enter the date in a monitoring panel and select the appropriate box in the 5 categories. Also, select the "Quality Check" box in a category if the food you consumed that day met the quality recommendations. Review your monitoring sheet. If you did not achieve your nutrition goal, identify the reason(s) why and think about the changes you can make to overcome these barriers to healthy eating. Work towards making those changes.

Date	Very little or none at all	Some, but less than 1/2 food for	About 1/2 of the food for the day	More than 1/2 food for the day	<u>Quality</u> Check	Date	Very little or none at all	Some, but less than 1/2 food for	About 1/2 of the food for the day	More than 1/2 food for the day	Quality Check
Vegetables and Fruit		the day			I had more vegetables than fruit	Vegetables and Fruit		the day			I had more vegetables than fruit
	Very little or none at all	Some, but less than 1/4 of the food for the day	About 1/4 of the food for the day	More than 1/4 of the food for the day			Very little or none at all	Some, but less than 1/4 of the food for the day	About 1/4 of the food for the day	More than 1/4 of the food for the day	
Grain Foods					I focused on whole grain foods	Grain Foods					I focused on whole grain foods
Protein Foods					I included plant protein foods	Protein Foods					I included plant protein foods
Oils/fats	Very little or none at all	1-2 Tbsp	2-4 Tbsp	5 Tbsp +	I focused on plant oils	Oils/fats	Very little or none at all	1-2 Tbsp	2-4 Tbsp	5 Tbsp +	I focused on plant oils
"Other" foods and drinks		Very little or none at all	About 150-300 calories	Significantly more than 300 calories		"Other" foods and drinks		Very little or none at all	About 150-300 calories	Significantly more than 300 calories	
Date	Very little or none at all	Some, but less than 1/2 food for the day	About 1/2 of the food for the day	More than 1/2 food for the day	<u>Quality</u> <u>Check</u>	Date	Very little or none at all	Some, but less than 1/2 food for the day	About 1/2 of the food for the day	More than 1/2 food for the day	Quality Check
Date Vegetables and Fruit		than 1/2 food for				Date Vegetables and Fruit		than 1/2 food for			
Vegetables		than 1/2 food for			Check I had more vegetables than	Vegetables		than 1/2 food for	food for the day		Check I had more vegetables than
Vegetables	none at all	than 1/2 food for the day Some, but less than 1/4 of the	food for the day About 1/4 of the	for the day More than 1/4 of the food for	Check I had more vegetables than	Vegetables	none at all Very little or none	than 1/2 food for the day Some, but less than 1/4 of the	About 1/4 of the	for the day More than 1/4 of the food for	Check I had more vegetables than
Vegetables and Fruit Grain	none at all	than 1/2 food for the day Some, but less than 1/4 of the	food for the day About 1/4 of the	for the day More than 1/4 of the food for	Check I had more vegetables than fruit I focused on whole grain	Vegetables and Fruit Grain	none at all Very little or none	than 1/2 food for the day Some, but less than 1/4 of the	About 1/4 of the food for the day	for the day More than 1/4 of the food for	Check I had more vegetables than fruit I focused on whole grain
Vegetables and Fruit Grain Foods Protein Foods	none at all	than 1/2 food for the day Some, but less than 1/4 of the	About 1/4 of the food for the day	for the day More than 1/4 of the food for	Check I had more vegetables than fruit I focused on whole grain foods I included plant protein foods	Vegetables and Fruit Grain Foods Protein Foods	very little or none at all	than 1/2 food for the day Some, but less than 1/4 of the	About 1/4 of the food for the day	for the day More than 1/4 of the food for	Check I had more vegetables than fruit I focused on whole grain foods I included plant protein foods
Vegetables and Fruit Grain Foods	Very little or none at all	Some, but less than 1/4 of the food for the day	About 1/4 of the food for the day	More than 1/4 of the food for the day	Check I had more vegetables than fruit I focused on whole grain foods I included plant	Vegetables and Fruit Grain Foods Protein	Very little or none at all Very little or none Very little or none	Some, but less than 1/4 of the food for the day	About 1/4 of the food for the day	More than 1/4 of the food for the day	Check I had more vegetables than fruit I focused on whole grain foods I included plant