

**Modified Food Plan
ONE DAY FOOD DIARY AND GOAL SETTING**

Information from Canada's Food Guide to help you with answering your questions:

AMOUNTS OF FOOD PEOPLE SHOULD EAT:

| | CHILDREN | | | TEENS | | ADULTS | | | |
|-----------------------|----------------|-----|------|-------------|-------|-------------|-------|-----------|-------|
| | 2-3 | 4-8 | 9-13 | 14-18 YEARS | | 19-50 YEARS | | 51+ YEARS | |
| | GIRLS AND BOYS | | | FEMALES | MALES | FEMALES | MALES | FEMALES | MALES |
| VEGETABLES AND FRUIT | 4 | 5 | 6 | 7 | 8 | 7-8 | 8-10 | 7 | 7 |
| GRAIN PRODUCTS | 3 | 4 | 6 | 6 | 7 | 6-7 | 8 | 6 | 7 |
| MILK AND ALTERNATIVES | 2 | 2 | 3-4 | 3-4 | 3-4 | 2 | 2 | 3 | 3 |
| MEAT AND ALTERNATIVES | 1 | 1 | 1-2 | 2 | 3 | 2 | 3 | 2 | 3 |

TYPES OF FOODS PEOPLE SHOULD EAT:

- Eat at least 1 dark green and 1 orange vegetable each day.
- Have veggies and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Drink skim, 1%, 2% milk each day.
- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least two Food Guide Servings of fish each week.
- Include a small amount of unsaturated fat each day.
- Satisfy your thirst with water.

ONE DAY FOOD DIARY:

| FOODS EATEN (LIST IN DETAIL) | Grain | V & F | Milk & Alt | Meat & Alt | Other |
|--|-------|-------|------------|------------|-------|
| Breakfast | | | | | |
| | | | | | |
| | | | | | |
| A.M. Nutrition Break | | | | | |
| | | | | | |
| | | | | | |
| P.M. Nutrition Break (Lunch) | | | | | |
| | | | | | |
| | | | | | |
| Dinner | | | | | |
| | | | | | |
| | | | | | |
| Snack | | | | | |
| | | | | | |
| TOTAL NUMBER OF SERVINGS EATEN FROM EACH FOOD GROUP ⇒ | | | | | X |