

**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
<b>Breakfast</b>					
<b>A.M. Nutrition Break</b>					
<b>P.M. Nutrition Break (Lunch)</b>					
<b>Dinner</b>					
<b>Snack</b>					
<b>TOTAL NUMBER OF SERVINGS EATEN FROM EACH FOOD GROUP ⇒</b>					X