

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 (with plant 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 the day	About 1/2 of the food for the day	More than 1/2 food for the day	Quality Check
Vegetables and Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I had more vegetables than 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	<input type="checkbox"/> I focused on whole grain foods
Protein Foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I included plant protein foods
Oils/fats	Very little or none at all	1-2 Tbsp	2-4 Tbsp	5 Tbsp +	<input type="checkbox"/> I focused on plant oils
"Other" foods and drinks	Very little or none at all	About 150-300 calories	Significantly more than 300 calories		

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