

Monitoring Sheet for a Nutrition Goal Based on General Guidelines to Healthy Eating

Use this sheet to monitor a nutrition goal that is based on general guidelines for healthy eating. This goal is:

- Plant foods will make up most of the foods I consume*
- Whole foods—and minimally processed foods—will make up most of the foods I consume**

Instructions

At the end of the day, reflect on the foods you consumed and determine to what extent those foods were plant foods as well as whole/minimally processed foods. Indicate by checking the appropriate box. If you did not achieve your nutrition goal today, identify reasons why you didn't, and think about the changes you can make to overcome these barriers to healthy eating. Work towards making those changes.

Date:

Did plant foods make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—plant foods today
<input type="checkbox"/> x	No, I had some plants foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were plant foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were plant foods
Did whole foods, and minimally processed foods, make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—whole/minimally processed foods today
<input type="checkbox"/> x	No, I had some whole/minimally processed foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were whole/minimally processed foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were whole/minimally processed foods

Date:

Did plant foods make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—plant foods today
<input type="checkbox"/> x	No, I had some plants foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were plant foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were plant foods
Did whole foods, and minimally processed foods, make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—whole/minimally processed foods today
<input type="checkbox"/> x	No, I had some whole/minimally processed foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were whole/minimally processed foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were whole/minimally processed foods

Date:

Did plant foods make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—plant foods today
<input type="checkbox"/> x	No, I had some plants foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were plant foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were plant foods
Did whole foods, and minimally processed foods, make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—whole/minimally processed foods today
<input type="checkbox"/> x	No, I had some whole/minimally processed foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were whole/minimally processed foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were whole/minimally processed foods

Date:

Did plant foods make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—plant foods today
<input type="checkbox"/> x	No, I had some plants foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were plant foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were plant foods
Did whole foods, and minimally processed foods, make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—whole/minimally processed foods today
<input type="checkbox"/> x	No, I had some whole/minimally processed foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were whole/minimally processed foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were whole/minimally processed foods

Date:

Did plant foods make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—plant foods today
<input type="checkbox"/> x	No, I had some plants foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were plant foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were plant foods
Did whole foods, and minimally processed foods, make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—whole/minimally processed foods today
<input type="checkbox"/> x	No, I had some whole/minimally processed foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were whole/minimally processed foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were whole/minimally processed foods

Date:

Did plant foods make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—plant foods today
<input type="checkbox"/> x	No, I had some plants foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were plant foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were plant foods
Did whole foods, and minimally processed foods, make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—whole/minimally processed foods today
<input type="checkbox"/> x	No, I had some whole/minimally processed foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were whole/minimally processed foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were whole/minimally processed foods

Date:

Did plant foods make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—plant foods today
<input type="checkbox"/> x	No, I had some plants foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were plant foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were plant foods
Did whole foods, and minimally processed foods, make up most of the foods I consumed today?	
<input type="checkbox"/> xx	No, I consumed very few—or no—whole/minimally processed foods today
<input type="checkbox"/> x	No, I had some whole/minimally processed foods today, but they did not make up most of what I consumed
<input type="checkbox"/> ?	Not sure
<input type="checkbox"/> ✓	Yes, most of the foods I consumed today were whole/minimally processed foods
<input type="checkbox"/> ✓✓	Definitely! The overwhelming majority of foods I consumed today were whole/minimally processed foods

* Plant foods are foods that come from a plant. They include fruit, vegetables, grains, beans, lentils, nuts, seeds and plant oils (e.g. olive oil).

** Whole foods are foods the way they appear in nature. They have not been changed (processed) in any way (e.g. an apple, an egg). Minimally processed foods are foods that have been changed slightly. Rolled oats, shelled nuts, pasteurized milk and frozen berries are examples of minimally processed foods. In a healthy diet, highly processed (ultra processed) foods are consumed infrequently. These include hot dogs, deli meats, fast food hamburgers, chicken nuggets, sweetened breakfast cereal, instant noodles, and cheese crackers.