

Here is a sample food diary for one day:



|  | Grain Products | Vegetables and Fruit | Milk Products | Meat & Alternatives | Other Foods |
|--|----------------|----------------------|---------------|---------------------|-------------|
| <b>Breakfast</b><br>Fruit and Yogurt Smoothie*<br>2 slices whole wheat toast<br>2 tbsp peanut butter | ✓ ✓            | ✓                    | ✓             | ✓                   |             |
| <b>Snack</b><br>Bran muffin<br>1 cup orange juice  | ✓              | ✓ ✓                  |               |                     |             |
| <b>Lunch</b><br>Vegetable Cheese Quesadillas*<br>1/2 cup carrot sticks<br>1 cup chocolate milk       | ✓ ✓            | ✓ ✓                  | ✓ ✓           |                     |             |
| <b>Snack</b><br>1 cup fruit salad*   |                | ✓ ✓                  |               |                     |             |
| <b>Supper</b><br>Fast & Easy Chicken Cacciatore*<br>1 cup egg noodles<br>1 cup milk<br>Butter tart   | ✓ ✓            | ✓                    | ✓             | ✓                   | ✓           |
| <b>Snack</b><br>Popcorn<br>Gingerale   | ✓ ✓            |                      |               |                     | ✓ ✓         |
| <b>TOTALS</b>  | <b>9</b>       | <b>8</b>             | <b>4</b>      | <b>2</b>            | <b>3</b>    |

\*Recipes can be found in this booklet.

This food diary includes the right amount of foods from all the food groups. It also has many baby-building foods like orange juice, milk, vegetables and chicken. 'Other foods' that are not part of the four food groups are used in small amounts to add flavour and enjoyment to this menu.



### Grain Products

One serving is 1 slice of bread; 1 small roll; 1/2 bagel or big bun; 4 to 6 crackers; 1/2 cup cooked rice or pasta; 3/4 cup hot or cold cereal

### Vegetables & Fruit

One serving is 1 medium size vegetable or fruit; 1/2 cup fresh, frozen or canned vegetables or fruit; 1 cup salad; 1/2 cup vegetable or fruit juice.

## My Food Diary

Choose one day to complete your own food diary. Write down everything you had to eat and drink that day. Count up the number of servings you ate from each food group. How did you do compared to Canada's Food Guide to Healthy Eating?



|                  | Grain Products | Vegetables and Fruit | Milk Products | Meat & Alternatives | Other Foods |
|------------------|----------------|----------------------|---------------|---------------------|-------------|
| <b>Breakfast</b> |                |                      |               |                     |             |
| <b>Snack</b>     |                |                      |               |                     |             |
| <b>Lunch</b>     |                |                      |               |                     |             |
| <b>Snack</b>     |                |                      |               |                     |             |
| <b>Supper</b>    |                |                      |               |                     |             |
| <b>Snack</b>     |                |                      |               |                     |             |
| <b>TOTALS</b>    |                |                      |               |                     |             |

### Milk Products

One serving is 1 cup milk; 1 cup chocolate milk; 3/4 cup yogurt; 50 grams cheese (the size of your thumb); 2 slices processed cheese.

### Meat & Alternatives

One serving is 50 to 100 grams meat, poultry or fish (the size of a deck of cards); 1/2 to 1 cup beans or lentils; 1 to 2 eggs; 1/2 cup tofu; 2 tbsp peanut butter.