

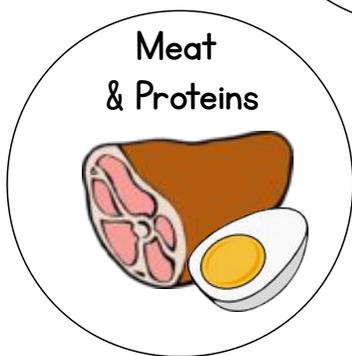
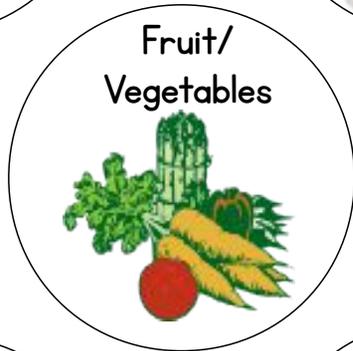
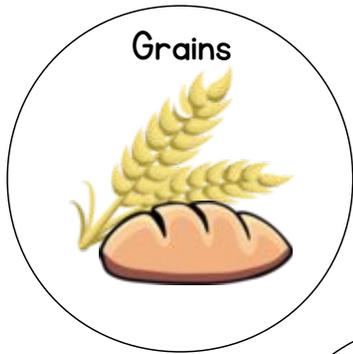
My Food Journal

Name: _____

Date: _____



The Canadian Food Guide



What amounts of each group does the food guide say you should eat each day?

Welcome to your food journal!

Use this book to keep track of everything you eat and drink in a week. Pay attention to what food groups you are eating.

Do you eat a balanced diet with moderation? Or are you finding that you really eat one group more than you should?

Do you think that the food guide gives you good advice on how to eat healthily?

How much water should you drink in a day? Did you know that juice can have a lot of sugar?

At the end of the week, take a look at your results and see what you can do better next week!

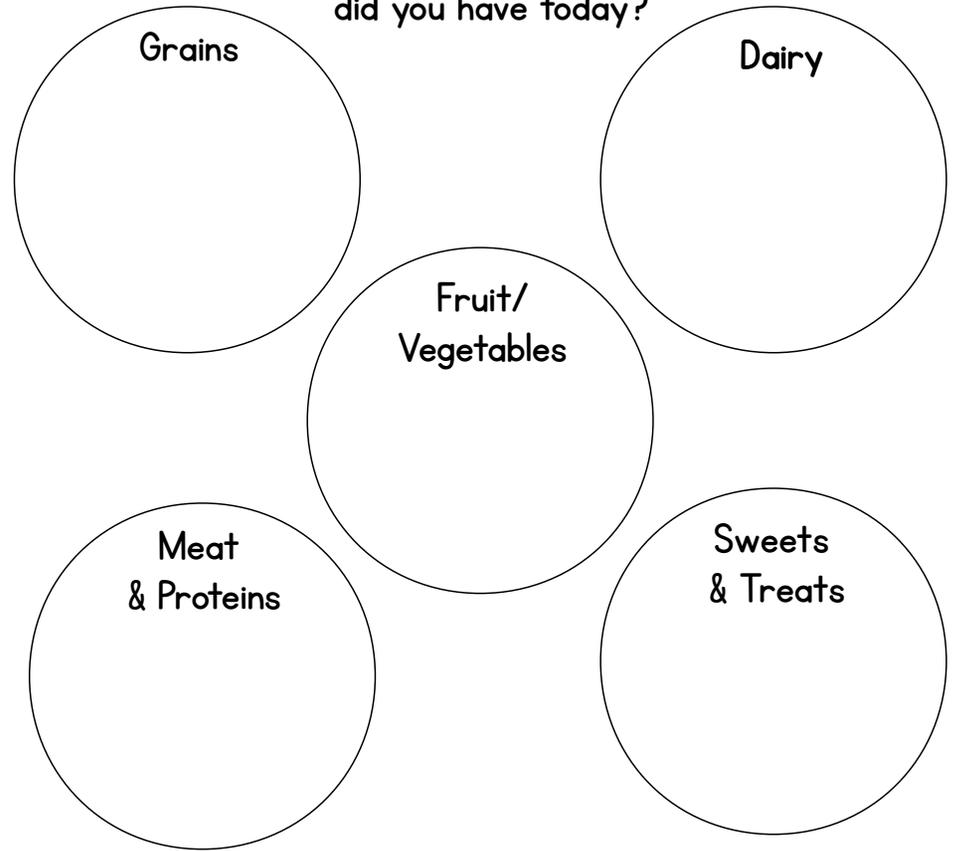
Monday

Meal	What I Ate:
Breakfast	
Lunch	
Snacks	
Supper	

Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?

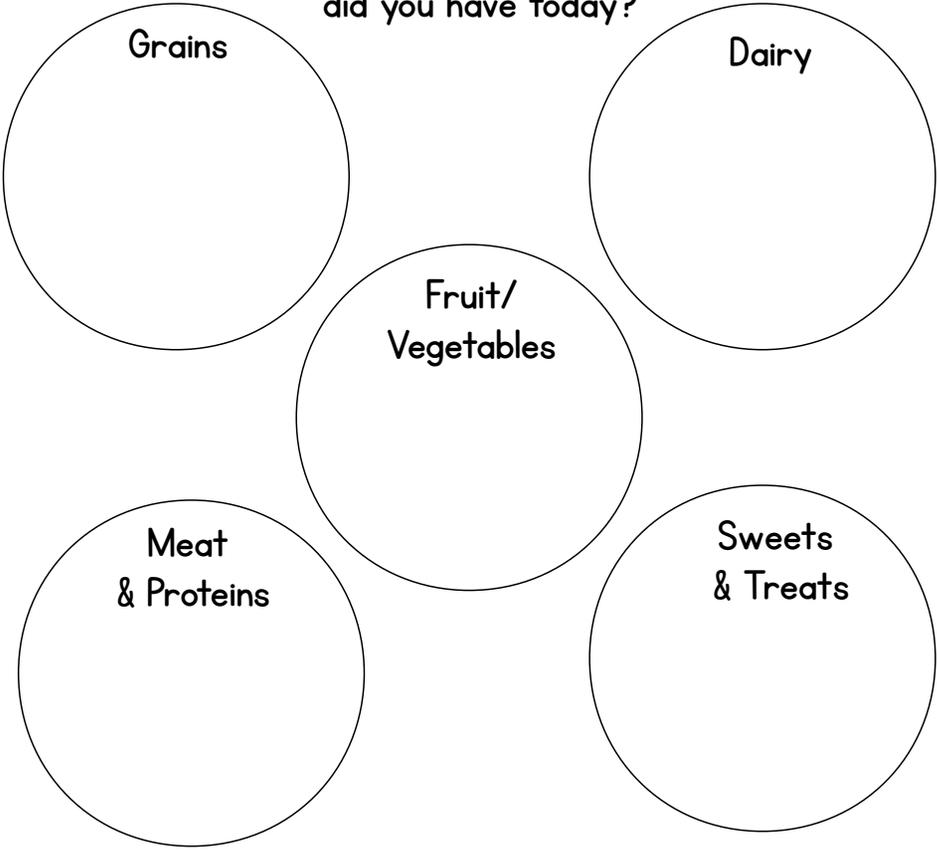
Tuesday

Meal	What I Ate:
Breakfast	
Lunch	
Snacks	
Supper	

Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?

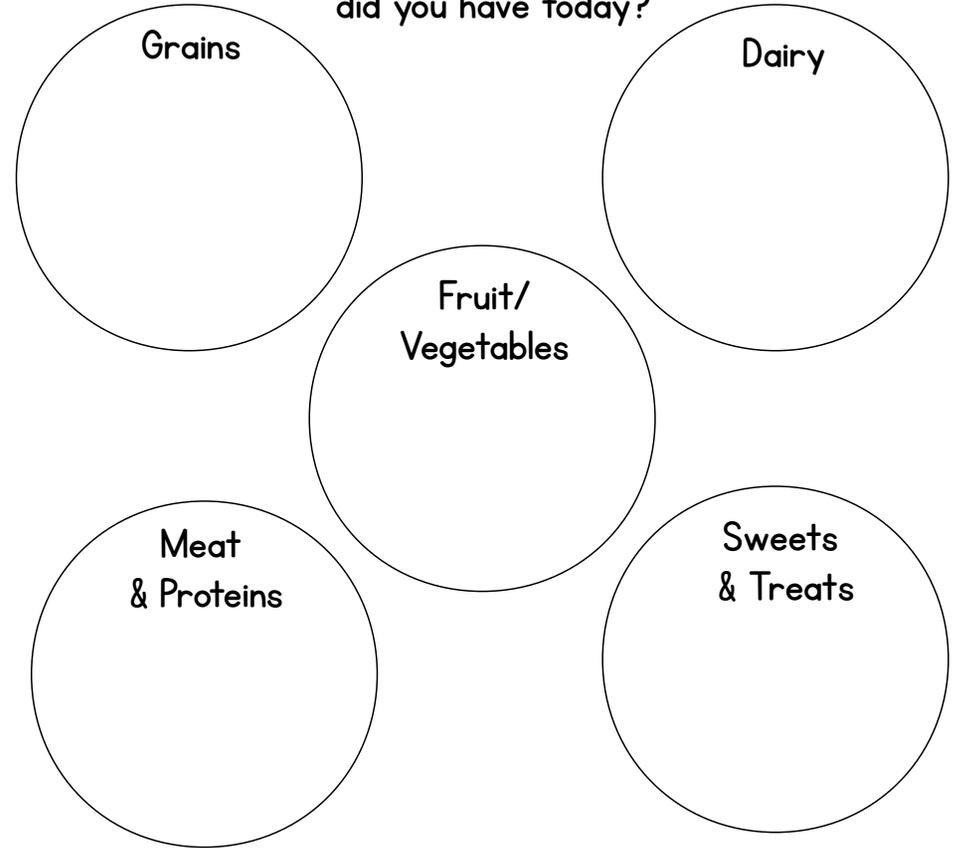
Wednesday

Meal	What I Ate:
Breakfast	
Lunch	
Snacks	
Supper	

Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?

Thursday

Meal	What I Ate:
Breakfast	
Lunch	
Snacks	
Supper	

Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?

Friday

Meal	What I Ate:
Breakfast	
Lunch	
Snacks	
Supper	

Drink	Water	Milk	Juice	Other
Tally of cups				

Food Groups

How many servings did you have today?



How do I think my food choices were today?
