

How healthy is your diet? Fill in the chart to find out!

Food group	Number of Servings Eaten	Recommended # of servings from Canada's Food Guide	Areas to improve (✓)
Vegetables and fruit			
Grains			
Milk and Alternatives			
Meat and Alternatives			
Foods not in the food guide		Zero or as few as possible!	
Recommendation	Followed (✓)	Not followed (✓)	
One dark green vegetable			
One dark orange vegetable			
Half of grain products whole grain			
Low fat milk and alternatives			
Beans, fish or lean meats			
2-3 Tbsp oil			
Limit hard fats			
Prepare foods with little fat, salt and sugar.			

Example Day for a 30 year old woman:

Breakfast – 60g Corn Flakes, 1 cup 2% milk, ½ cup blueberries, ½ cup orange juice

Morning snack – Muffin, coffee with cream and sugar

Lunch – tuna sandwich on whole wheat bread with mayonnaise, apple, yogurt

Supper – 1 cup spaghetti, ½ c meat sauce, 1 cup spinach salad with 1 Tbsp oil and vinegar dressing

Evening Snack – small bag of chips.

Food group	Number of Servings Eaten	Recommended # of servings from Canada's Food Guide	Areas to improve (✓)
Vegetables and fruit	4	7-8	✓
Grains	6	6-7	
Milk and Alternatives	2	2	
Meat and Alternatives	2	2	
Foods to limit	2	Zero or as few as possible!	✓
Recommendation	Followed (✓)	Not followed (✓)	
One dark green vegetable	✓		
One dark orange vegetable		✓	✓
Half of grain products whole grain		✓	✓
Low fat milk and alternatives	✓		
Beans, fish or lean meats	✓		
2-3 Tbsp oil		✓	✓
Limit hard fats		✓	✓
Prepare foods with little fat, salt and sugar.	✓		