

# MONTHLY FOOD DIARY FOR \_\_\_\_\_

Month: \_\_\_\_\_

## Week 1

DAY	BREAKFAST	LUNCH	DINNER	SNACK	SNACK	SNACK	8 Glasses Water or Equivalent
1							
2							
3							
4							
5							
6							
7							

## WEEK 2

DAY	BREAKFAST	LUNCH	DINNER	SNACK	SNACK	SNACK	8 Glasses Water or Equivalent
8							
9							
10							
11							
12							
13							
14							

**BUSY MADE EASY**

[www.busymadeeasy.com](http://www.busymadeeasy.com)

To be reproduced for personal use only

**Week 3**

DAY	BREAKFAST	LUNCH	DINNER	SNACK	SNACK	SNACK	8 Glasses Water or Equivalent
15							
17							
17							
18							
19							
20							
21							

**WEEK 4**

DAY	BREAKFAST	LUNCH	DINNER	SNACK	SNACK	SNACK	8 Glasses Water or Equivalent
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							

**BUSY MADE EASY**[www.busymadeeasy.com](http://www.busymadeeasy.com)

To be reproduced for personal use only

Taken from Canada's food guide. For more information of eating right, please visit their website at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

## Meal Planning Checklist:

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar or salt.
- Drink skim, 1% or 2% milk each day. Drink fortified soy beverage if you do not drink milk.
- Select lower fat milk alternatives.
- Have meat alternatives such as beans, lentils and tofu often.
- Choose at least two Food Guide Servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.
- Include a small amount of unsaturated fat each day.
- Satisfy your thirst with water.
- Limit foods and beverages high in calories, fat, sugar or salt.

**BUSY MADE EASY**

[www.busymadeeasy.com](http://www.busymadeeasy.com)

To be reproduced for personal use only

## Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
<b>Vegetables and Fruit</b>	4	5	6	7	8	7-8	8-10	7	7
<b>Grain Products</b>	3	4	6	6	7	6-7	8	6	7
<b>Milk and Alternatives</b>	2	2	3-4	3-4	3-4	2	2	3	3
<b>Meat and Alternatives</b>	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

**Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:**

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

**BUSY MADE EASY**

[www.busymadeeasy.com](http://www.busymadeeasy.com)

To be reproduced for personal use only