

Food, Beverage & Activity Journal



Food carries nutrients.

To maximize nutrition, meal balancing is key.

Enjoy foods with less sugar, fat & salt.

-- **Eat less processed foods** --



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Protein							
Fruit							
Starch							
Other							
Snack							
Lunch							
Protein							
Vegetable							
Vegetable							
Starch							
Other							
Snack							
Supper							
Protein							
Vegetable							
Vegetable							
Starch							
Other							
Snack							
Activity/Exercise	150 minutes per week or more / 10 000 steps per day or more						

Protein for muscle health. Aim for 1/4 of your plate or 20 to 30 g net each meal

Chicken, fish, legumes (beans, peas, lentils), nuts, seeds, dairy, eggs, other lean meats

Example:
1 chicken thigh = 25 grams net protein but weighs 100 grams

Starch for energy. Aim for 1/4 of your plate.

Whole grains are best.
Quinoa, oats, brown rice OR made with whole grains (pasta, bread)

Fruits & Vegetables Nutrition Powerhouse. Aim for 1/2 your plate.

Snacks:
Avoid being "hangry". Keep it satisfying.

Pair protein with fruits or vegetables.

Example:
Tzatziki + cucumber, Yogurt + berries, Hummus + celery, Nuts/seeds + apple or pear.

Other:
Any desserts, treats & beverages.

Water is the drink of choice.

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Cook more! Choose whole foods! Make it social!

- Be mindful with every bite! -



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RECOMMENDED PORTION SIZES:

Protein Choices:
Chicken, fish, other lean meats

Portion size:
Deck of cards -
2-3 oz or 60-90 g

Legumes = 1/2 to 3/4 cup (125-200 ml)

Milk = 1 cup (250 ml)

Yogurt = 3/4 cup (200 ml)

Cheese = 2 oz (60 g)

Nuts & seeds =
1/4 cup (60 ml)

Vegetable & Fruits:
Fresh, frozen, canned

The size of a lightbulb or
1/2 cup (125 ml)

Starch:
Whole grains are best

The size of a tennis or baseball

1/2 cup to 1 cup (125-250 ml)

Fats:
Butter, margarine, mayo, salad dressings

1 tbsp (15 ml)