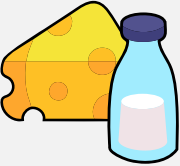
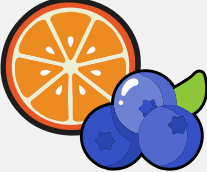
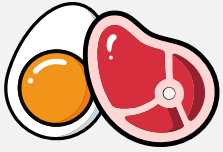


WHAT WILL I EAT NOW?

Mark how much food and drink you consumed in yesterday's meals and snacks. Write the total for each food group at the bottom of each column.

DAIRY	VEGETABLES	FRUITS	FIBRES	PROTEIN
What is a serving? . 1 cup milk or yogurt . 42 g natural cheese	What is a serving? . 1 cup raw or cooked vegetables . 2 cups raw leafy vegetables	What is a serving? . 1 cup of raw or cooked fruit . 1 cup of 100% fruit juice . ½ cup dried fruit	What is a serving? . 1 slice of bread . 1 cup of finished cereal . ½ cup rice, pasta or cooked cereal	What is a serving? . 28 g beef, chicken or fish . ¼ cup cooked beans . 1 egg . 1 tablespoon peanut butter . 14 g nuts or seeds
				
MY TOTAL Daily goal = 3 cups	MY TOTAL Daily goal = 2 1/2 cups	MY TOTAL Daily goal = 2 cups	MY TOTAL Daily goal = 170 g	MY TOTAL Daily goal = 156 g

SYMBOL								
SERVING SIZE	Closed fist 1 cup	Palm 85 g	Cupped hand ½ Chávena	2 closed cuffs 2 cup	Thumb (full) 1 tbsp	Index finger 42 g	Flat hand 1 slice	Thumb tip 1 tsp
FOOD EXAMPLE	Dry cereal, milk, yogurt, vegetables, fruits	Chicken, beef, fish, pork	Pasta, rice, oatmeal	Salad	Peanut butter	Cheese	Slice of wholemeal	Oil, mayonnaise, butter, sugar

EXTRAS		What is a serving? Eat less. These are foods that are higher in calories, sugars, and fats, but low in nutrients.	MY TOTAL Limit quantity
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MORE OPTIONS TO IMPROVE

Eat foods rich in nutrients and with fewer calories.
 An everyday example: Choose skimmed milk over soda or a piece of cake.
 Eat foods from all food groups for a balanced diet.

SMALL STEPS I CAN TAKE FOR MY FOOD CHOICES:

Idea: Bake potatoes instead of frying them.

I'm going to start:

