



- \$ **Likes**
- Dislikes**
- Time**
- Family**
- Friends**
- Emotions**
- Body Image**
- T.V. Radio**
- Magazines**



SERVINGS CHART

MILK PRODUCTS	SERVING
Milk (skim, 1%, 2%, whole) buttermilk, chocolate milk or reconstituted evaporated milk (1 cup/250ml)	1
Milkshake (1 1/2 cup/375ml)	1
Yoghurt (plain or fruit flavoured) 3/4 cup/175ml	1
Soup made with milk (1 cup/250ml)	1
Cheese (50g)	1
Cheese Slices (2 slices)	1
Cottage Cheese (2 cups/500ml)	1
Ice milk (soft serve) (1 cup/250ml)	1
Ice Cream (3/4 cup/175ml)	1/2
Pudding or custard made with milk (1/2 cup/125ml)	1/2

GRAIN PRODUCTS	SERVING
Bread (1 slice)	1
Pancake or waffle (1 medium)	1
Roti, chapati or tortilla (1)	1
Crackers (6-8)	1
Cold cereal (unsweetened or presweetened) (30g)	1
Cooked cereal (3/4 cup/175ml)	1
Popcorn (plain) (3 cups/750ml)	1
Cooked rice (1 cup/250ml)	2
Muffin (1 large)	2
Hamburger or weiner bun (1)	2
English muffin or bagel (1)	2
Pita or naan (1)	2
Macaroni, spaghetti or other pasta (1 cup/250 ml)	2
Bannock or scone (2 oz./60g)	2

MEAT & ALTERNATIVES	SERVING
Meat, fish or poultry (e.g. beef, pork, lamb, veal, game, fish, liver, kidney, chicken, turkey, shellfish) (2-3oz./50-100g)	1
Cooked dried beans, peas or lentils (1 cup/250ml)	1
Nuts, seeds (1/2 cup/125ml)	1
Egg (1)	1
Luncheon meat slice (1 oz./30g)	1/2
Sausage, weiner (1)	1/2
Peanut butter (2 tbsp./30ml)	1
Tofu (1/3 cup/100g)	1

VEGETABLES & FRUIT	SERVING
Whole medium fruit or vegetable (e.g. apple, banana, carrot, celery stalk, cob of corn, potato) (1)	1
Small fruits (e.g. apricot, plum) (2)	1
Raw or cooked fruits or vegetables (e.g. broccoli, cabbage, canned fruit, cherries, grapes, leafy greens, french fries) (1/2 cup/125ml)	1
Fruit or vegetable juice (fresh, frozen or canned) (1/2 cup/125ml)	1
Tomato Sauce (3/4 cup/175ml)	1
Mixed Salad (1 cup/250ml)	1

OTHER FOODS

Use in moderation
Soft drinks, Coffee, Tea, Candies, Jams, Butter, Margarine, Oils, Sauces, Dressings, Condiments, Potato Chips or similar Snack Foods.

Milk Products	Grain Products	Meat & Alternatives	Vegetables & Fruit	Other Foods

CHALLENGE 1

Personal Reflection

FOODS EATEN (AMOUNT)	SERVING
Before School	
A.M. Break	
Lunch	
P.M. Break	
After School	
Dinner	
Before Bed	

SERVING TOTALS

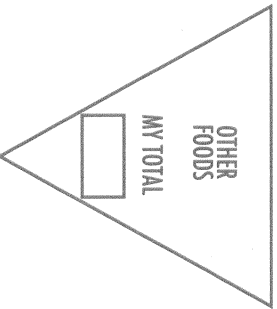


GO ON TO NEXT STEPS

CHALLENGE 2

Which Food Group can I improve?

MILK PRODUCTS RECOMMENDED NUMBER OF SERVINGS 3-4 MY TOTAL _____ NUMBER STILL REQUIRED _____	GRAIN PRODUCTS RECOMMENDED NUMBER OF SERVINGS 5-12 MY TOTAL _____ NUMBER STILL REQUIRED _____
MEAT & ALTERNATIVES RECOMMENDED NUMBER OF SERVINGS 2-3 MY TOTAL _____ NUMBER STILL REQUIRED _____	VEGETABLES & FRUIT RECOMMENDED NUMBER OF SERVINGS 5-10 MY TOTAL _____ NUMBER STILL REQUIRED _____



CHALLENGE 3

Set a Goal

- To consume _____ more serving(s) from the _____ Food Group each day for one week.
- To consume more variety in the _____ Food Group each day for one week.
- To use the fat fine-tuning principles to modify my food choices each day for one week.

POSSIBLE STRATEGIES

To do this, I will :

Possible barriers

Coping strategies

My reward

My Signature _____

CHALLENGE 4

Nutrition Goal Checklist

SUN	MON	TUES	WED	THURS	FRI	SAT
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Tips to motivate me:

My partner: _____ Phone Number: _____

CHALLENGE 5

Evaluate My Success

How many days did I meet my nutrition goal?

Did any barriers get in my way?

How did I overcome them?

Congratulations!

Whether you met your goal or not, it is the EFFORT THAT COUNTS. Try again, this time explore a new Challenge!