

Small Changes Can Make a Big Difference

Remember.....

- Change one thing at a time.
- Small Changes are easier than big changes.
- Changes should be ones that fit into what you normally do.
- Goals should include foods that you like and have in your house, if possible.
- Changes and goals are easier to remember if you write them down.
- Celebrate the small changes you make.

Step 1: Write down everything that you ate yesterday. Then estimate the number of servings you consumed for each meal.

Meal	Food Consumed	# of Vegetable and Fruit Servings	# of Grain Product Servings	# of Milk and Alt. Servings	# of Meat and Alt. Servings	# of Foods to Limit Choices
Breakfast						
Lunch						
Dinner						
Snacks						
Total Number of Servings						

Step 2: Compare your total number of servings for each food group with the minimum number of servings you need from Canada's Food Guide.

Number of servings you ate from each food group	Minimum number of servings you need from each food group
Vegetables and Fruit:	Vegetables and Fruit: 6
Grain Products:	Grain Products: 6
Milk and Alternatives:	Milk and Alternatives: 3-4
Meat and Alternatives:	Meat and Alternatives: 1-2

- Did you meet the minimum serving for each food group? yes ☐ no ☐
- Were there any food groups where you had more then the recommended serving amounts? If so, which one(s)?

- Were there any food groups where you had less then the recommended serving amounts? If so, which one(s)?

- What food group(s) did most of your snacks come from?

- Did you choose different kinds of foods from each food group? yes ☐ no ☐

Step 3: Based on the above questions try to think of one small change that you could make to improve your food choices. Write it below:
