

CHECK ON
BALANCE
FOODTRACK™



Are your food choices on track? Try FoodTrack™—
it's easy and you make the choices.

STEP 1: KEEP TRACK

LIST everything you ate and drank yesterday.

INCLUDE all meals, beverages, and snacks.

It's okay if yesterday wasn't a typical day. You are learning the process of how to check for food group balance.

EXAMPLE: Minestrone soup (tomatoes, carrots,
green beans, pasta, kidney beans,
parmesan cheese, broth)

MORNING

MID-DAY

EVENING

STEP 2: ESTIMATE YOUR FOOD GUIDE SERVINGS

FIND the foods that you ate yesterday in the food groups below. *If you can't find a food, find a similar food.* Some foods such as pizza, soup and stew contain Food Guide Servings from several groups.

ESTIMATE the number of Food Guide Servings you ate of each food. **TOTAL** your Food Guide Servings for each food group.

VEGETABLES & FRUIT AMOUNTS	# OF FOOD GUIDE SERVINGS	FOOD GUIDE SERVINGS I ATE
Leafy vegetables Raw leafy greens or Salad e.g. Romaine lettuce, Spinach (1 cup or 250 mL)	1	
Cooked leafy greens e.g. Spinach, Kale, Chard (½ cup or 125 mL)	1	
Fresh, frozen, cooked or canned Large-sized e.g. Banana, Potato, Yam (1 whole)	2	
Medium-sized e.g. Carrot, Tomato, Apple (1 whole)	1	
Small-sized, cut up or mashed e.g. Berries, Broccoli, Squash, Melon, Mashed potatoes (½ cup or 125 mL)	1	
Sauce or Salsa e.g. Tomato sauce, Applesauce (½ cup or 125 mL)	1	
Dried e.g. Raisins (¼ cup or 60 mL)	1	
100% Juice (½ cup or 125 mL)	1	

MY TOTAL  

GRAIN PRODUCTS AMOUNTS	# OF FOOD GUIDE SERVINGS	FOOD GUIDE SERVINGS I ATE
Breads Bread (1 slice, 35 g) Dinner roll (1, 35 g) Chapati, Roti (1, 70 g) Pita, Tortilla (1, 70 g) Naan (½, 70 g) Bagel (90 g), English muffin (1) Hamburger or Hotdog bun (1)	1 1 2 2 2 2 2	
Cereal Heavier types e.g. Granola, Bran (30 g or ⅓ cup or 75 mL) Lighter types e.g. Flakes (30 g or 1 cup or 250 mL) Cooked cereal e.g. Oatmeal (¾ cup or 175 mL)	1 1 1 1	
Grains Cooked grains e.g. Barley, Bulgur, Cornmeal, Couscous, Quinoa, Rice (½ cup or 125 mL) Congee (½ cup or 125 mL) Popcorn, plain (2 cups or 500 mL)	1 1 1	
Pasta, Noodles—cooked (½ cup or 125 mL)	1	
Bannock or Scone (1 medium, 35 g)	1	
Crackers (4–6 medium, 30 g)	1	
Rice cake (2 medium)	1	
Pancake or Waffle (2 small, 70 g)	2	
Whole grain muffin (1 small, 70 g)	2	

MY TOTAL  

MILK & ALTERNATIVES AMOUNTS	# OF FOOD GUIDE SERVINGS	FOOD GUIDE SERVINGS I ATE
Milk Skim, 1%, 2%, Whole, Powdered (reconstituted), Chocolate, Flavoured (1 cup or 250 mL)	1	
Powdered milk (dry) (⅓ cup or 75 mL)	1	
Canned milk (evaporated) (½ cup or 125 mL)	1	
Fortified soy beverage (1 cup or 250 mL)	1	
Buttermilk (1 cup or 250 mL)	1	
Yogurt or Kefir (¾ cup or 175 g)	1	
Yogurt drink (200 mL)	1	
Cheese (50 g or 1.5 oz or 1"x 1"x 3" piece)	1	
Grated cheese (½ cup or 125 mL)	1	
Ricotta (½ cup or 125 mL)	1	
Pudding or Custard made with milk (½ cup or 125 mL)	1	
Cottage cheese or Quark cheese (1 cup or 250 mL)	½	
Soup made with milk (1 cup or 250 mL)	½	

MY TOTAL  

MEAT & ALTERNATIVES AMOUNTS	# OF FOOD GUIDE SERVINGS	FOOD GUIDE SERVINGS I ATE
Dried beans, Dried peas or Lentils—cooked or canned e.g. Chickpeas, Baked beans (¾ cup or 175 mL)	1	
Hummus (¾ cup or 175 mL)	1	
Tofu (¾ cup or 175 mL, 150 g)	1	
Fish or Seafood—cooked or canned e.g. Tuna, Salmon, Clams, Shrimp (2.5 oz or 75 g, ½ cup or 125 mL)	1	
Fish or Seafood—raw e.g. Sashimi, Oysters (3 oz or 90 g)	1	
Poultry—cooked or canned e.g. Chicken, Turkey, Duck (2.5 oz or 75 g, ½ cup or 125 mL)	1	
Meat—cooked or canned e.g. Beef, Hamburger, Pork, Ham, Moose (2.5 oz or 75 g, ½ cup or 125 mL)	1	
Soy beverage—unfortified (1 ½ cups or 350 mL)	1	
Eggs (2)	1	
Peanut or Nut butter (2 Tbsp or 30 mL)	1	
Nuts or Seeds—shelled e.g. Almonds, Walnuts, Sunflower seeds (¼ cup or 60 mL)	1	

MY TOTAL  

WHAT ABOUT...?

Mark with a (✓) check.

Oil	
Mayonnaise	
Salad dressing	
Margarine— soft, non-hydrogenated	

A small amount (2–3 Tbsp or 30–45 mL) of these oils and fats are recommended every day.

WHAT ABOUT...?

If you ate foods listed below, mark with a (✓) check. These foods need to be limited.

Coffee, Tea, Alcohol	French fries, Deep fried foods	Ice cream, Frozen desserts
Soft drinks, Fruit-flavoured drinks	Sauces, Gravies, Broth	Jam, Jelly, Preserves
Sport drinks, Energy drinks	Cream, Sour cream, Whipping cream, Cream cheese	Sugar, Honey, Syrup
Cakes, Cookies, Doughnuts, Pastries	Butter, Hard margarine	Ketchup, Mustard, Pickles, Relish
Candy, Chocolate bars, Granola bars	Lard, Shortening	Potato chips, Corn chips, Tortilla chips, etc.

Are there foods from the food groups you could substitute for some of these foods? Consider these in STEP 4.

STEP 3: HOW DO YOU COMPARE?

FIND the age group you fit in.

RECOMMENDED NUMBER OF FOOD GUIDE SERVINGS PER DAY						
FOOD GROUP	TEENS		ADULTS			
	14-18 YEARS (FEMALE) (MALE)		19-50 YEARS (FEMALE) (MALE)	8-10	51+ YEARS (FEMALE) (MALE)	
VEGETABLES & FRUIT	7	8	7-8	8-10	7	7
GRAIN PRODUCTS	6	7	6-7	8	6	7
MILK & ALTERNATIVES	3-4	3-4	2	2	3	3
MEAT & ALTERNATIVES	2	3	2	3	2	3

COPY the number of Food Guide Servings you need into the table below.

COMPLETE the table.

FOOD GROUP	My recommended number of FOOD GUIDE SERVINGS per day	MY TOTAL from Step 2	NUMBER STILL NEEDED
VEGETABLES & FRUIT		🍴 🍴	
GRAIN PRODUCTS		🍴 🍴	
MILK & ALTERNATIVES		🍴 🍴	
MEAT & ALTERNATIVES		🍴 🍴	

CHECK as many boxes as apply.

- I ate the recommended** number of Food Guide Servings from all four groups. I am on track.
REPEAT STEPS 1, 2, & 3 any day to see if you are on track. If you want to check other areas of healthy eating, look for the rest of the FoodTrack™ series.
- I ate less** than the recommended number of Food Guide Servings from one or more food groups.
GO to STEP 4 to plan improvements.
- I ate more** than the recommended number of Food Guide Servings from one or more groups.
 • If you didn't get enough servings from one or more food groups, you may need to substitute food from another food group.
GO to STEP 4 and take this into account.
 • If you are healthy and active, you may need these additional Food Guide Servings from the food groups.
REPEAT STEPS 1, 2, & 3 any day to see if you are on track. If you want to check other areas of healthy eating, look for the rest of the FoodTrack™ series.

NOTE: If you are pregnant or breastfeeding, you need to eat 2 to 3 additional Food Guide Servings per day.

STEP 4: DESIGN YOUR PLAN

Plans make things happen!

CHOOSE one food group to improve.

REVIEW the list of foods you ate. Are there substitutions you can make?

MAKE your plan very specific:

- The food you will really eat
- Where you will be
- Time of day

EXAMPLE:

MY PLAN FOR Milk & Alternatives FOOD GROUP
 SERVINGS STILL NEEDED: 1
 PLAN: I will replace my coffee at lunch with
a glass of milk.

MY PLAN FOR _____ FOOD GROUP
 SERVINGS STILL NEEDED: ____
 PLAN: _____

STEP 5: IS YOUR PLAN ON TRACK?

THINK about your plan. Ask yourself the following questions:




- When will I start?
- Where will I be? (home, work, school, etc.)
- What might interfere?
- How will I overcome this?
- Would a different meal or snack time be better?
- Can I picture myself following this plan?
- Is my plan realistic?
 If not, go back to STEP 4 and revise your plan.

TRACK your plan using the Follow Up on the next page.

CONGRATULATIONS! You have learned a simple process to check for food group balance. Repeat this process any day to see if you are on track.

FOLLOW UP YOUR PLAN

TRACK your Food Guide Servings from the food group in your plan (STEP 4).

FOODS I ATE FROM THE _____ FOOD GROUP	
FOODS	# OF FOOD GUIDE SERVINGS
DAY 1	
MY TOTAL FOR DAY 1 	
DAY 2	
MY TOTAL FOR DAY 2 	
DAY 3	
MY TOTAL FOR DAY 3 	

Did you meet your plan?
Or do you need to go back to STEP 4 and change your plan?

Check if you are on track...



by using the rest of the FoodTrack™ series.



For more information,
call a nutrition educator at:
604-294-3775 or
1-800-242-6455
www.bcdairyfoundation.ca
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Remember, success comes with practice!

Visit Canada's Food Guide online at
www.healthcanada.ca/foodguide to learn more.