



Understanding Canada's Food Guide



Instructions for the Canada's Food Guide Tracking Tool

1. Using the Canada's Food Guide, enter the recommended food servings for your age and gender, in the box at the top of the page.
2. As you go throughout your day, enter how many serving you ate for each food group at each meal. Serving size is important - if you eat 2 cups of vegetables, that is four servings. One slice of bread is a serving. This will be tricky to figure out at first, keep practicing and refer to Canada's Food Guide for assistance. Don't forget to enter snacks - put them into the last meal you ate. Add anything after supper into the supper section, for instance.
3. Check off where the food came from. Did you eat food from Ontario or was it imported from outside Ontario? Or outside Canada? What percentage of your diet was comprised on Ontario products vs Imported food? Are there local alternatives you could choose from? Calculate the percent Ontario food consumed at the end of the day.
4. At the end of the day, add up your servings per food group and divide it by the recommended amount in each food group to get a percent. If it was 100%, you ate the right amount of servings for your age and gender. If it was above or below, it will indicate areas that need improvement in each food group. Take the four percentages and find the average score and enter it below. Repeat for several days and track changes.

	Overall Score	Most consumed food group	% Ontario food
First Attempt			
Second Attempt			
Third Attempt			



Canada's Food Guide Tracking Tool



Recommended Servings per day based on your age and gender →

Fruits and Vegetables	Milk Products	Bread & Grain	Meat & Alternatives

Breakfast

Meal Ingredient Include Snacks	Fruits and Vegetables	Milk Products	Bread & Grain	Meat & Alternatives	Ontario or imported?
SubTotal					

Lunch

Meal Ingredient Include Snacks	Fruits and Vegetables	Milk Products	Bread & Grain	Meat & Alternatives	Ontario or imported?
SubTotal					

Supper

Meal Ingredient Include Snacks	Fruits and Vegetables	Milk Products	Bread & Grain	Meat & Alternatives	Ontario or imported?
SubTotal					

Daily Totals

Category Totals				
Recommended Servings				
% Achievement				

○
Calculate % Ontario Food

This advice should not be used as the basis for your dieting regime. Consult your Doctor for advice if you have a medical condition.





Canada's Food Guide Discussion

Local Food Availability Discussion

Did you eat any food from Ontario or was it imported from outside Ontario?

Where did it come from? Do you know if it was imported?

What percentage of your diet was comprised on Ontario products vs Imported food?

Are there local alternatives you could choose from?

Calculate the percent Ontario food consumed at the end of the day.

Dietary Decisions Discussion

Try using the Canada's Food Guide Tool for several days, and mark you score below.

What can you improve on?

Did you understand what a serving size (or portion size) was?

Did you eat breakfast? Did you skip a meal?

How balanced is your diet?

Are there new foods you could try to improve your intake of fruits and vegetables?

Did you eat fast food very often? Did you try any meat alternatives?

What did you learn about using Canada's Food Guide? Do you think it is a useful guide?

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First Attempt			
Second Attempt			
Third Attempt			