

# Tracking My Servings From Each Food Group

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

A food record can help you evaluate your diet and track your progress in making changes.

## Sample food record

As you record your intake, fill in the check boxes to account for the servings you eat from each food group. To do this, you will need to know how much of a food equals one serving. For example, let's say your breakfast consisted of:

- 60 g cornflakes—This equals two servings from the grain products group.
- 1 cup (250 mL) milk—This equals one serving from the milk and alternatives group.
- 1 medium banana—This equals one serving from the vegetables and fruit group.
- 1/2 cup (125 mL) orange juice—This equals one serving from the vegetables and fruit group.

Based on this breakfast, you would fill in two check boxes for the grain products group, one check box for the milk and alternatives group, and two check boxes for the vegetables and fruit group. Your record would look like this:

Vegetables and fruit	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Grain products (bread, cereal, pasta, rice)	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Milk and milk alternatives	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Meats and alternatives (nuts, eggs, fish)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Oils and fats	<input type="checkbox"/>

## How to use your food record form to track and improve your diet

At the end of your recording period, tally the total number of servings from each food group and divide by the number of days. For a personalized food guide with recommended daily servings for each food group, see:

- The Dietitians of Canada's website: [www.eatracker.ca](http://www.eatracker.ca).
- Health Canada's My Food Guide Servings Tracker website: [www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/index-eng.php).

After seeing which foods you need to eat more or less of, pick one or two changes that you want to work on. Don't try to change your eating habits all at once. If you consistently eat too few fruits and vegetables, for example, you might try making a goal of eating one or more fruits and/or one or more vegetables per day. Then, instead of recording everything you eat, you could record only your fruits and vegetables.

Another way to track your food intake is to record what you eat for several days when you first start making changes in your eating habits. Then do it again in a few weeks or months. Compare your first record with your second. How have you improved?

## Food record form

Use the form below to keep a food record over several days. Categorize the foods you eat into food groups, and each day fill in a check box to account for the servings you eat from each food group.

<b>Number of cups or millilitres</b> (each check box is equal to 1 cup or 30 millilitres)	
Vegetables and fruit	
Grain products (bread, cereal, pasta, rice)	
Milk and milk alternatives	
Meats and alternatives (nuts, eggs, fish)	
Oils and fats	