

Family Nutrition Journal



This family activity helps children, youth and families assess the types of foods they are eating and how those foods relate to Canada's Food Guide. Record food eaten in the spaces below and boost wellness by including daily physical activities!

Foods I Ate Today	Breakfast	Lunch	Dinner	Physical Activities	Snack 1	Snack 2
Fruits and Vegetables Children need 4-6 servings/day of fruits and vegetables. Teens and adults need 7-10.						
Fibre Great sources of fibre are fruits & vegetables, beans & lentils, nuts, bran, oats & whole grains.						
Calcium Children need 2-4 servings/day; teens 3-4 servings/day; adults need 2 servings/day of milk and alternatives.						
Iron and Protein Try these! Eggs, kidney beans, fish, pumpkin seeds, wild game, chicken, beef and pork.						
Water We need at least 8 cups of water a day. Try adding lemon, lime, mint or cucumber to your water!						
Color your picture when you are finished!						

