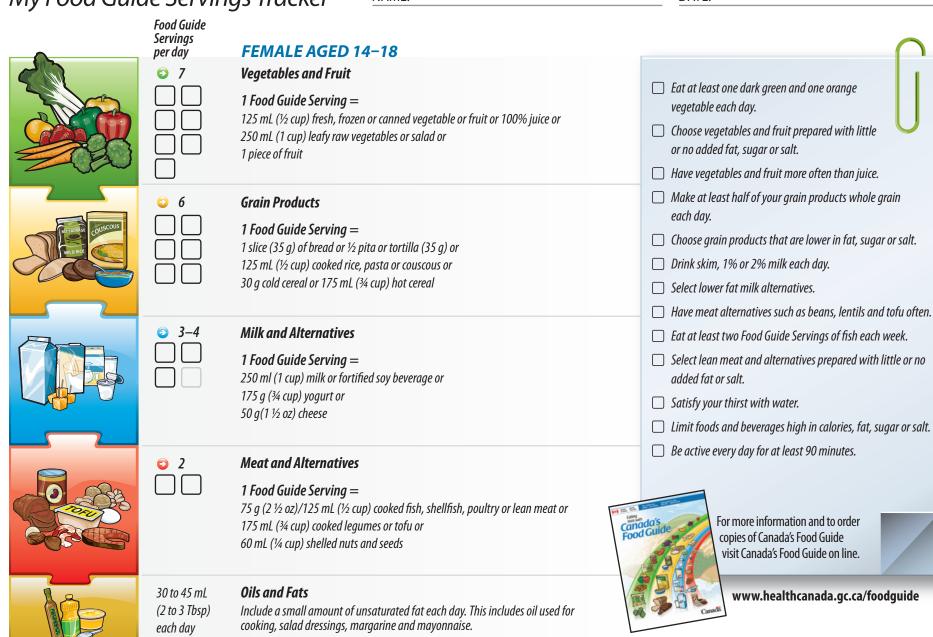
My Food Guide Servings Tracker	NAME:	DATE:	
Food Guide Servings	<i>1</i> . 10		



For more information and to order copies of Canada's Food Guide visit Canada's Food Guide on line.

www.healthcanada.gc.ca/foodguide





My Food Guide Servings Tracker FOOD INTAKE RECORD

NAME: DATE:

FOOD INTAKE RECORD									
	MEAL	VEGETABLES AND FRUIT	GRAIN PRODUCTS	MILK AND ALTERNATIVES	MEAT AND ALTERNATIVES	OILS AND FATS	FOODS TO LIMIT		
			Num pict		O		Limit foods and beverages high in calories, fat, sugar or salt.		
BREAKFAST	=	=							
LUNCH	=	=							
DINNER	=	=							
SNACKS	=	=							
TOTAL NUMBER OF FOOD GUIDE SERVINGS	=	=							