

7036 - The Food Score System



Counting calories is not always an easy thing to do, so instead we are giving you this simple plan to make it easier to eat healthy and lose body fat weight. It is based on the recommended number of servings and serving sizes from the Canada's Food Guide For Healthy Eating. If you can count, you can learn to eat a healthy/well-balance diet!

Here is how it works:

If you're a woman who weighs 160 pounds, your Daily Food Score range is 20-27 (see correlation below).

- Each day, simply add up your score from the wide variety of foods (and food servings) you consume. Make sure to include at least two servings of dairy products and at least five servings of fruits and vegetables. This way, you'll be getting the good nutrition you need, along with the body fat loss you may want.

Here are the allotted **Food Score Ranges** according to your current and desired weight:

<u>Current Weight</u>	<u>Daily Food Score Range*</u>
Less than 150 pounds	18-25
150 to 174 pounds	20-27
175 to 199 pounds	22-29
200 to 224 pounds	24-29
225 to 250 pounds	26-33
Over 250 pounds	28-35

***Additional Notes:**

- to LOSE WEIGHT – use lower score in range
- to MAINTAIN WEIGHT – use upper score in range



Food Score System Log Sheet



Name: _____

Nutrition Log: Please report the # of servings you consume each day.
Refer to the Canada Food Guide Handout for Serving Sizes.

Day	Meat & Alternatives fish, nuts, beans, peanut butter, tofu, beef, poultry, lentils, and eggs.	Grain Products breads, grains, pastas, rice, cereal and beer	Fruits & Vegetables broccoli, asparagus, tomato, peas, apples, oranges, onion, carrots, potato, juice, melon, celery, green/yellow beans, etc.	Milk Products milk, cheese, yogurt, ice cream, etc.	Fats /Oils & Sugar mayonnaise, sauces, cheese, cream, butter, candy, chips, bacon, wine, muffins, yogurt, salmon, etc.	Total Score Insert your daily score range for your weight category below
Daily Allowance	2-3	6-8	7-10	2-3	5-10	()
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Water Consumption Log: Please report the number of 8oz glasses of water you consume each day. Try to consume 8-12 glasses a day. You may need more - depending on your activity level.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday