

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.

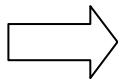
| Day | Meat & Alternatives fish, nuts, beans, peanut butter, tofu, beef, poultry, lentils, and eggs. | Grain Products breads, grains, pastas, rice, cereal and beer | Fruits & Vegetables broccoli, asparagus, tomato, peas, apples, oranges, onion, carrots, potato, juice, melon, celery, green/yellow beans, etc. | Milk Products milk, cheese, yogurt, ice cream, etc. | Fats /Oils & Sugar mayonnaise, sauces, cheese, cream, butter, candy, chips, bacon, wine, muffins, 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 |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |

Food Labels

Read the “Nutrition Facts” chart located on the majority of the food we purchase. It looks something like this:



Tips to help you make better food choices.

Remember that the values given in all categories are based on the serving size listed so be very aware of this when comparing products.

How many **calories** in one serving? – Look under calories or energy. Be aware of how many calories you require each day to maintain a healthy weight.

Fat – Total Fat is always listed. Usually saturated fat and trans fat are listed as well. The saturated fat should be less than 5 g; trans fat should be nothing but 0g. These fats are the “unfavorable fats”.... Limit these! A better choice of fats is unsaturated.

Unsaturated fat is sometimes missing on the label. To find out how much unsaturated fat you’re eating, perform this simple equation:

$$\text{TOTAL FAT} - \text{SATURATED FAT} = \text{UNSATURATED FAT.}$$

Unsaturated fat should be MORE than saturated fat!!

Sodium/Potassium – As a general rule, eating less sodium (salt) is best! If the potassium amount is higher than the sodium amount (per serving), it is a favorable product. However, potassium is sometimes left out on a label. If it is listed, a great ratio is 2:1 for potassium to sodium. Sodium should be less than 150 mg on the label for a lower sodium diet! For low sodium diets aim to consume no more than 1500 mg of sodium /day and meet the potassium recommendations for adults of 4,700 mg/day.

Fibre - You’re making good choices if you get more than 3 grams of total fibre per serving. Foods providing more than 6 grams are very high sources of fibre.

Sugar – Products with less than 8g of sugar per serving are considered better products.

Protein – Products with at least 5g of protein per serving is excellent for foods such as grains and dairy. Foods like eggs, meat, poultry, and fish are much higher than 5g. All of these are excellent sources of protein!

IMPORTANT: Be aware that you should always read the ingredient list. Ingredients are listed in order of WEIGHT. If sugar, salt or fat is listed as one of the first ingredients, put it back

| Nutrition Facts | |
|------------------------|---------------|
| Per 1 cup (57 g) | |
| Amount | % Daily Value |
| Calories 170 | |
| Fat 5 g | 3% |
| Saturated 0.2 g | |
| + Trans 0 g 1% | |
| Cholesterol 0 mg 0% | |
| Sodium 130 mg 5% | |
| Potassium 260 mg 7% | |
| Carbohydrate 43 g | 14% |
| ▪ Fibre 12 g 47% | |
| ▪ Soluble Fibre 1 g | |
| ▪ Insoluble Fibre 11 g | |
| Sugars 8 g | |
| Protein 5 g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 10% |
| Phosphorus 10% | |
| Magnesium 25% | |

Personal Grocery Store Shopping List

Fill this column in for next session.
Items I Currently Purchase.

Fill this column in next session.
Other healthy alternatives.

| | |
|------------------------------|--|
| <i>Vegetables</i> | |
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| | |
| | |
| <i>Fruits</i> | |
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| | |
| | |
| | |
| <i>Meat (Including Fish)</i> | |
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| | |
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| | |
| | |
| <i>Frozen</i> | |
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| | |
| | |
| <i>Dairy</i> | |
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|--|--|
| <i>Grains (breads, cereals, rice, pasta)</i> | |
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| | |
| | |
| <i>Oils and Spreads</i> | |
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| | |
| <i>Snacks</i> | |
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|---------------------|--|
| <i>Beverages</i> | |
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| | |
| <i>Canned Goods</i> | |
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| | |
| <i>Other</i> | |
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Remember to bring this sheet back with you to the next session where you will be asked to complete the 2nd column while watching a Grocery Store Video Tour or through discussion during week 3.