*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**Eating Awareness**

Colour the blocks based on what you ate yesterday.

1 block = 1 food serving (use Canada’s food guide to look at what constitutes one serving).

**MY TYPICAL DAY – ALL MEALS AND SNACKS**

Vegetables and fruits 7 – 10 servings

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Grain products 6 – 8 servings

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Milk and alternatives 2 – 3 servings

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Meat and alternatives 2 – 3 servings

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Other foods

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Alcohol, caffeine, water

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Salad dressings, oils, butter

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Source: [www.cpha.ca](http://www.cpha.ca), <http://www.hc-sc.gc.ca/>