



Month #1: Nutrition

Name: _____

| Week 1 | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total |
|---|-----|------|-----|-------|-----|-----|-----|-------|
| I ate breakfast (1 pt) | | | | | | | | |
| I ate a healthy mid-morning snack (1 pt) | | | | | | | | |
| Week 2 | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total |
| My lunch included at least 2 servings of fruits/vegetables (1 pt) | | | | | | | | |
| I drank five 8oz glasses of water each day (1 pt) | | | | | | | | |
| Week 3 | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total |
| My dinner included at least 2 servings of fruit/vegetables (1 pt) | | | | | | | | |
| My dinner included at least 1 serving of lean protein (1 pt) | | | | | | | | |
| Week 4 | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total |
| I focused on fibre >3 g/serving (1 pt per meal) | | | | | | | | |
| I watched my sugar <8g/serving (1 pt per meal) | | | | | | | | |

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|---|--|---|---|--------------------------------------|
| BONUS REWARDS (to be claimed once a month) | Attended the lunch n' learn or listened to the webinar (5 pts) | Attended a health coaching appointment (5pts) | Checked in with myself (i.e. took my measurements, re-evaluated goals, etc) (5 pts) | Nominated a Wellness Warrior (5 pts) |
|---|--|---|---|--------------------------------------|



<29 pts = 1 entry; 30-59 pts = 2 entries; >60 pts = 3 entries

Grand Total Pts: _____

Top Tips for Nutrition

| Tip | Why? |
|--|---|
| Eating breakfast | Provides you with energy and nutrients to start your day off right. Studies show that breakfast can help maintain a healthy body weight. It helps to increase your metabolism throughout the day (Canadian Living). |
| Eating a healthy mid-morning snack | Prevents over-consuming lots of sugary and high carb foods during lunch to satisfy your hunger. (European Food Information Council). |
| Lunch and Dinner included at least 2 servings of fruits/vegetables | No single fruit or vegetable has all the required nutrients that you need - it is important that you eat a variety. It is well established that a high intake of fruits and vegetables can lower blood pressure, reduce the risk of heart disease and stroke, prevent some cancers, lower risk of digestion problems, and ultimately help the body to function optimally. Try and eat dark leafy greens, red/yellow/orange fruits and vegetables, and tomatoes (Harvard T.H. Chan School of Public Health). |
| Drinking five 8oz glasses of water each day | Helps you to feel full, and it is required for normal functioning of the body. Water is crucial for fluid balance. Your body needs enough water to transport nutrients, regulate body temperature, and digest food. Water also acts as a shock absorber for our central nervous system and helps to lubricate our joints (Health Canada). |
| Dinner includes at least 1 serving of lean protein | Protein are the building blocks of life. It helps to build bones, muscles, skin, and other tissues in the body. It is important for your diet to have protein because it is needed for growth, development, and tissue repair (U.S. National Library of Medicine). |
| Fibre >3 g/serving | Fibre is crucial to keep your digestion system healthy. It also helps to stabilize glucose and cholesterol levels. If eating a low-fibre diet, you may experience an increase in risk of constipation increases, irritable bowel syndrome, and even heart disease. Foods high in fibre are also more filling, so you'll feel a greater sense of satiety (Better Health Channel). |
| Sugar <8g/serving | We are eating <i>too much sugar</i> . Sugar in its natural state is harmless (i.e. in fruits) in moderate amounts, but when it is added to processed foods, it becomes problematic. Added sugar increases your insulin levels, blood pressure, and your risk of diabetes. Studies have shown that eating an excessive amount of sugar also impairs cognitive function (Molteni et al, 2002). |