

Food and Activity Tracker – Adults (19 and older)

Canada's Food Guide (CFG) recommends eating a wide range of foods from each food group every day. The Physical Activity Guide recommends staying active at least 30 - 60 minutes a day. Use this handout to track your daily food intake and activity levels.

- Write in your goal for food servings and activity minutes for the week in the My Goal column.
- Each day make a tick mark for the food servings or write in the actual number you ate. Write in your minutes of activity or pedometer steps. Note: you may find it easier to first write down the amounts of all foods you eat and drink in a given day on a separate piece of paper and then write the number of servings on this form.
- At the end of the week, compare your daily average of food and activity to your goal. How did you do?
- If changes need to be made, think about what you can do differently. For example, do you need to add one extra serving of Vegetables and Fruit or do you need to decrease your added fats? Do you need to increase activity? Make changes by taking small steps one at a time.

Week of:

Use the food and activity lists on the back to help you understand more about serving sizes and activity levels.

FOOD	Food Groups	CFG Recommended Serving Range	My Goal	Example	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	My Daily Average
	Vegetables and Fruit	7-10		##								
	Grain Products	6-8		##								
	Milk and Alternatives	2-3										
	Meat and Alternatives	2-3										
	Oils and Fats	Limit to 2-3 Tbsp (6-9 tsp) per day										
	High Sugar, Fat and Salt Foods	Limit										
	Water/Calorie Free Beverages	6-9 cups (1.5L – 2.2L)										
ACTIVITY	Intensity	Amount	My Goal	Example	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	My Daily Average
	Light OR	60 min, 4-7x/week										
	Moderate OR	30 min, 4-7x/week		35								
	Vigorous	30 min, 4-7x/week										
	Pedometer Reading	10,000 Steps/day		7611								

Food Guide Serving Examples

Vegetables and Fruit

- ½ cup or 1 piece of fresh fruit
- ½ cup (125 mL) juice
- ½ cup (125 mL) frozen, cooked or canned vegetables or fruit
- 1 cup (250 mL) salad
- ¼ cup (60 mL) dried fruit



Grain Products

- 1 slice (35 g) bread
- 30 g cold cereal
- ¾ cup (175 mL) hot cereal
- ½ bun, ½ mini bagel or ½ pita
- ½ cup (125 mL) cooked rice, pasta
- 2 cups (500 mL) plain popcorn



Oils and Fats

- Include small amounts of unsaturated fats from oils, salad dressing, mayonnaise, sauces and spreads.
- Limit butter, hard margarine, lard and shortening
- Choose canola, olive, and soybean oils
- Choose soft margarines that are low in saturated and trans fats

Milk and Alternatives

- 1 cup (250 mL) 1% or skim milk
- 1 cup (250 mL) 1% chocolate milk
- 1½ oz (50 g) hard cheese, under 20% milk fat (MF)
- 2 (50 g) processed cheese slices, skim or fat free
- ¾ cup (175 g) yogurt or kefir, 1% or fat free
- 1 cup (250 mL) fortified soy beverage, low fat or fat free



Meat and Alternatives

- 2½ oz (75 g) lean meat, fish or poultry
- 2 eggs
- 2 Tbsp (30 mL) peanut or nut butters
- ¾ cup (150 g) tofu
- ¾ cup (250 mL) beans, peas or lentils
- ¼ cup (60 mL) shelled nuts and seeds



High Sugar, High Fat, High Salt Foods

Limit these foods;

- Pop, alcohol, caffeinated drinks, smoothies, iced tea, fruit flavoured beverages or crystals, sports and energy drinks, flavoured syrup
- Chips, salty snacks, fried foods, chocolate, sweets, desserts, donuts, pies, ice cream

Activity Intensity Examples

Light Intensity

- Walking – slow to moderate, pushing stroller
- Gardening/lawn mowing, home repair
- Stretching
- Housework (i.e. washing floors, vacuuming)
- Bowling, curling, golf, volleyball



Moderate Intensity

- Walking - brisk
- Children's games
- Snow shoveling, raking leaves
- Swimming – leisure (not laps)
- Bicycling, dancing



Vigorous Intensity

- Soccer
- Basketball or hockey – game
- Aerobics
- Martial arts
- Running – all speeds
- Swimming - laps