**Nutrition Worksheet**

**Your Notes & Questions:**

**What Are Your Nutrition Interests?** (Check all that apply)

❑Improved nutrition knowledge

❑ Eating healthier to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

❑ Bone health

❑ Reduce risk or manage of other conditions (e.g. diabetes or heart disease)

❑ Keep muscles strong

❑ Reduce chance of cancer recurrence

❑ Have better bowel movements

❑ Have a healthier weight

❑ ­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Getting Started – think about your current eating habits**

|  |  |  |  |
| --- | --- | --- | --- |
| Read the following statements and circle the response that describes your current eating habits. This can help you see areas where you are already eating well and areas that you could improve. | | | |
| I fill my plate ½ with vegetables or fruits. | Rarely | Sometimes | Often |
| I eat a rainbow of colours. | Rarely | Sometimes | Often |
| I eat 1 or more vegetables or fruit with each meal. | Rarely | Sometimes | Often |
| I eat plant-based proteins often (e.g. beans, lentils, soy, nuts, and seeds) | Rarely | Sometimes | Often |
| I eat whole grain foods often (e.g. oats, whole-wheat bread, quinoa, brown rice). | Rarely | Sometimes | Often |
| I get enough calcium. | Rarely | Sometimes | Often |
| I take a vitamin D supplement. | Rarely | Sometimes | Often |
| I avoid processed meats. | Rarely | Sometimes | Often |
| I limit red meats (beef, pork, lamb) to 500 grams/week. | Rarely | Sometimes | Often |
| I limit refined grains like white bread, white rice and white pasta. | Rarely | Sometimes | Often |
| I limit processed foods like cookies, chips, fries and fast food. | Rarely | Sometimes | Often |
| I avoid sugary drinks. | Rarely | Sometimes | Often |

Make an Action Plan

1. Is there anything you would like to do for your health in the next week or two?

Write down all ideas you have:

* Not sure? Look back to your list of *nutrition interests* and your *current eating habits* worksheet.
* Not ready yet? Check back to these worksheets when you are feeling ready.

My health or well-being goal is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Example: Eat more vegetables*

1. Make a plan:

What will you do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When will you do it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When will you start? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Example: Add an apple or orange to my lunch every day of the week starting next Monday.*

1. Review your plan

How confident or sure do you feel about carrying out your plan?

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0  Not sure at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10  Very Sure |

For further thought:

* If you answered 7 or more, that’s great! You are ready to get started. Go to question 4.
* If you answered 6 or lower, how might you change your plant to raise your number to 7 or higher? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Make a plan to check on how things are going with your plan

Ideas & Tips:

* Keep a food journal, use a calendar and put a tick box in each day you follow your plan.
* Check with some else (a family member or healthcare team member)

1. Try your plan!

Don’t worry if you slip. It is normal. If you miss a day or two, get back on track as soon as you can and keep going!

Stay Motivated: Keep the changes you’ve made and make more changes.

* Get support
* Connect with a Dietitian at Inspire Health or HealthLink BC
* Try new recipes

Ideas for everyday change

Tips:

* Use your plate – At each meal:
  + Fill half your plate with fruits and vegetables
  + Fill a quarter of your plate with a whole grain
  + Fill a quarter of your plate with a protein food
* Keep a bowl full of fresh veggies and fruits on your kitchen counter for quick snacking
* If you’re short on time, look for pre-washed, pre-cut vegetables, such as baby carrots and broccoli florets, at the grocery store

Breakfast

*Change the portion*

* Add fruit to your cereal
* Add fruit to yogurt
* Add spinach & tomato to a cheese omelet

Swap

* Replace sugary breakfast cereal with a whole grain muesli or porridge
* Change white bread to a whole grain bread
* Top toast with hummus, nut butter or avocado instead of jam

Lunch

*Change the portion*

* Add vegetables (cucumber, sliced tomato, peppers) to a sandwich
* Add extra vegetables to pizza and only ½ the meat
* Add beans to a salad to make it a meal

*Swap*

* Have a salad or vegetable soup instead of fries
* Pack a wrap instead of grabbing a burger. Fill a whole grain tortilla with grilled chicken, black beans or hummus, top with cherry tomato, slice peppers, lettuce/spinach/arugula. To flavor and hold a wrap together, thinly spread flavoured low-fat cream cheese, salsa or ranch or blue-cheese salad dressing.

Dinner

*Change the portion*

* Add canned or frozen veggies as a side dish

*Change the frequency*

* Choose a vegetarian dish when eating out
* Make Monday’s “meatless”

*Swap*

* Replace beef in chili with ground turkey
* Top a baked potato with salsa instead of butter or sour cream
* Swap whole grain pasta and brown rice for white past, rice, or noodles.

Snacks

Change the portion

* Add sliced peppers, baby carrots or cherry tomato and have fewer crackers
* Order a smaller serving when you have a sweetened drink

Change the frequency

* Pack a piece of fruit from home instead of getting a baked good on your coffee break, one day a week

Swap

* Have a single serving container of cinnamon applesauce instead of a Danish
* Have a small portion of nuts instead of a potato chips
* Swap ½ of the butter on popcorn with herbs and spices – like chili powder, garlic, or nutritional yeast
* Swap sparkling water for sugary soda