

Check on Your Eating Habits

This activity can help you think about your eating habits to find out:

- What you are doing that supports your health.
- What you might want to work on.

Instructions

Record everything you eat and drink on a weekday and during the weekend. To do this, you can use a pen and paper, or an app.

Your food record could include:

- What and how much you ate and drank.
- Where and what time you ate and drank.

Use your completed food record to help you answer each of the statements below.

Activity

I eat food that I enjoy.

Always | Mostly | Sometimes | Rarely | Never

I eat within a couple hours of waking up.

Always | Mostly | Sometimes | Rarely | Never

I space my meals and snacks throughout the day.

Always | Mostly | Sometimes | Rarely | Never

I eat protein foods, such as beans, peas, lentils, nuts, meat, eggs, fish, or yogurt with my meals and snacks.

Always | Mostly | Sometimes | Rarely | Never

I drink water throughout the day.

Always | Mostly | Sometimes | Rarely | Never

I eat whole grain foods, such as oatmeal or whole grain bread, with my meals and snacks.

Always | Mostly | Sometimes | Rarely | Never

I eat vegetables or fruit with my meals and snacks.

Always | Mostly | Sometimes | Rarely | Never

I eat foods with unsaturated fats, such as nuts, seeds, or olive oil.

Always | Mostly | Sometimes | Rarely | Never

I plan my meals and snacks.

Always | Mostly | Sometimes | Rarely | Never

I cook food at home.

Always | Mostly | Sometimes | Rarely | Never

I use food labels to find out if food is low or high in sodium (salt).

Always | Mostly | Sometimes | Rarely | Never

I use food labels to find out if food is low or high in sugars.

Always | Mostly | Sometimes | Rarely | Never

How am I doing?

I answered **mostly** or **always** ____ times.
These habits are supporting my health.

I answered **never** or **rarely** ____ times.
These are areas that I may want to work on to improve my health. Check out the next page for habits that can help your health.

Tips to Eat for Good Health

For more information and specific food examples, check out [Canada's food guide](#).



Add a check mark to the tips that you may want to try.

- Share a meal with friends or family.
- Space your meals and snacks throughout the day to help manage your hunger and get the nutrients you need.
- Drink enough fluid during the day. How much you need is different for everyone. Choose water most often.
- Include protein foods at every meal. This is important for your muscles and can help keep you satisfied after eating.
- Choose whole grain foods most often since these are higher in fibre and nutrients.
- Aim to fill half your plate with vegetables or fruits at your meals and snacks.
- Eat unsaturated fats to help you feel satisfied after eating and lower your risk for heart disease.
- Plan your meals ahead of time. This can help you make healthier food choices more often.
- Use food labels to find out if food is high or low in salt or sugar. Eat foods that have a little salt or sugar most often.
 - 5% Daily Value (DV) is a little
 - 15% DV is a lotFor more information refer to “Label Reading the Healthy Way” on [ahs.ca/NutritionHandouts](#).

Putting it into practice

Making a lot of changes at once can be hard. If you're ready, consider setting a goal related to one of the habits where you answered 'never' or 'rarely' on the first page.

To help you set a goal, refer to the handout “Setting Goals for Lifestyle Change” available at [ahs.ca/NutritionHandouts](#).

More support

A lot of things can influence your eating habits, such as sleep, physical activity, and medicine you might be taking.

If you would like more support with making changes related to your eating habits, you can:



- Speak to your healthcare team.
- Call Health Link at 811 and ask to speak to a dietitian or complete the [self-referral form](#) on [ahs.ca/811](#).