

HE 101: Healthy Eating Checklist

Please fill out this checklist before your virtual class. Think about what you eat and drink on an average day. With an average day in mind, please complete this checklist. We will discuss this content in class.

1. On an average day, do you eat 4 or 5 times, including meals and snacks?

Yes No

2. On an average day, do you eat breakfast?

Yes No

3. Do you usually have 2 foods with fibre at each meal? Examples of foods with fibre are:

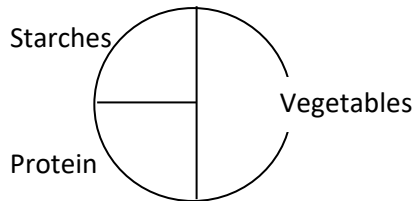
- Vegetables and fruits
- Whole grains including brown rice, corn, quinoa, oatmeal, whole grain breads and whole grain pastas
- Pulses such as lentils, chickpeas, kidney beans, etc.

Yes No

4. When you eat a meal, does your plate look like the portioned plate below?

Yes

No



5. Do you avoid drinks with calories (except skim or 1% milk)? Examples of drinks with calories are:

Pop	Sports drinks
Iced tea	Energy drinks
Slushes	Alcohol
Juice	Flavoured milk
Hot chocolate	
Coffee, tea, latté made with sugar, syrups, or cream	

Yes No

6. In the past week, did you have 0-2 sweets?

Examples of sweets are:

Cakes	Pie
Cookies	Chocolates
Pastries	Candies
Doughnuts	Ice cream
Muffins	pudding

Yes No

7. Did you eat ready-to-eat, ultra-processed foods 0-2 times in the past week? Examples are:

Frozen dinners
Frozen pizza
Frozen perogies
Packaged noodles
Canned soups
Deli meats
Chips, pretzels, or other salty snacks

Yes No

8. Did you eat out 0-2 times in the past week? Examples are restaurant food, fast food, and take-out foods.

Yes No

9. Do you eat slowly and respond to your body's hunger and fullness signals?

Yes No

Making a Change

Please fill out this at the end of your virtual HE 101 class.

Looking at your Healthy Eating Checklist (page 1), how many of your answers were **Yes**? Each **Yes** is a healthy eating habit you are already doing well. Well done!

Now go through the questions you answered **No** to. Choose one that you would like to change to a **Yes** and set a SMART goal to achieve it.

I choose to make a change that relates to question # _____.

My SMART Goal:	
Specific: How will I do it?	
Measurable: How will I measure it? How much, how many?	
Attainable: Is this realistic for my life? Am I at least 70% confident I can do this?	
Rewarding: Is this something I want to do?	
Timely: When will I start? How often will I do this?	

****Dietitian Tip**:** To succeed with your goal, you may need to remind yourself to stay accountable. Some ideas for how you can remind yourself are:

- Set reminder on your phone through a reminder or goal tracking app.
- Write it on a sticky note and paste on your desk, fridge or bathroom mirror.
- Tell a friend, partner, co-worker or family member. Ask them to check in often!
- Tell your Registered Dietitian or Doctor, and have them check in at each appointment.