

Set *your* healthy eating goals

I will:	√ ... I did it!
Eat three meals a day, at regular times	
Drink water, instead of pop or fruit juice	
Switch to whole grain bread or roll, instead of white bread	
Increase high-fibre in my diet	
Eat 3 servings of fruit per day	
Introduce a new high fibre grain into your weekly menu, such as quinoa or brown rice	
Try a new and interesting-looking vegetable	
Eat dark green, leafy vegetables, such as kale or spinach more often	
Choose legumes, such as lentils or pinto beans at least once a week in place of meat	
Try whole wheat pasta, instead of regular pasta	
Eat fish – instead of beef or pork – for dinner, two times per week	
Broil chicken for dinner, instead of frying	
Try a low-fat cooking method for beef, instead of frying	
Use herbs and spices to flavour meat, instead of salt	
Use cinnamon and nutmeg to flavour dessert, instead of sugar	
Try poaching or broiling fish or meat, instead of frying	
Try a meatless meal, by eating tofu or legumes at least once per week	
Replace high fat cheese with a low-fat cheese, such as ricotta	
Switch to a lower fat milk	
Reduce my portion size of carbohydrates and/or protein by using the plate method to plan my lunch and dinner	
Reduce my portion size of carbohydrate and/or protein by using the handy portion guide to plan my lunch and dinner portions	
<i>Write in your ideas for goals in the spaces below:</i>	