

# 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 fibre in my diet	
Include plenty of vegetables and fruit in my meals and snacks	
Introduce a new high fibre grain into my 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 grain pasta, instead of regular pasta	
Eat fish – instead of beef or pork – for dinner, two times per week	
Roast, broil, or barbeque chicken for dinner, instead of frying	
Use herbs and spices to flavour meat, instead of salt	
Use cinnamon and nutmeg to flavour dessert, instead of sugar	
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	
<b>Write in your ideas for goals in the spaces below:</b>	