

# Healthy Eating Checklist

## What changes could help improve your eating habits?

This checklist can help you decide.

### I eat at least three meals a day at regular times.

YES NO

You need to eat a variety of foods from all four food groups. This will give your body all the protein, vitamins, minerals and energy you need. Regular meals and healthy snacks help keep your energy up. Regular meals help make sure you eat enough.



### I eat 5 or more servings of grains each day. At least 3 servings are whole grains.

YES NO

Grains give us carbohydrates for energy. They also give us B vitamins and iron for healthy blood. Whole grain breads, cereals and bran have a lot of fibre. Fibre and healthy fluids like water, juice and milk help prevent constipation.

### I eat 5 or more servings of vegetables and fruit each day.

YES NO

Vegetables and fruit give us many vitamins and minerals. They also give us fibre. Be sure to eat dark green and orange vegetables and orange fruits for vitamins A and C.

### I eat 2 or more servings of milk products each day.

YES NO

Milk products are a great source of calcium. Calcium helps keep our bones strong.

**HEALTHY**  
*Eating*  
**FOR**  
**HEALTHY**  
*Aging*

# Healthy Eating Checklist

## What changes could help improve your eating habits? (cont'd)

**I drink at least 6 to 8 glasses of liquid each day, not counting coffee or tea.**

**YES NO**

Liquids help prevent constipation and dehydration.

**I try not to have too much salt, alcohol, coffee and tea.**

**YES NO**

Most people get more salt than they need. Cut down on salt by eating less salty foods, and using less salt at the table and when you cook. Most adults should not have more than one alcoholic drink a day. Heavy drinking is bad for your health. Coffee and tea keep your body from getting iron and calcium from foods. Drink less than 2 to 4 cups of coffee and tea each day.

**I check with my doctor, a dietitian or nutritionist before I take any vitamin and mineral pills.**

**YES NO**

Taking vitamins and minerals can help but they can never replace a healthy diet. High doses are bad for you. Your doctor, registered dietitian, or a pharmacist can help you decide what is right for you. Other drugs can affect the way your body uses nutrients.

**I enjoy regular activity.**

**YES NO**

Regular physical activity helps give you a good appetite. It also burns energy. This means you eat more and get more of the vitamins, minerals and protein your body needs.

Did you answer **YES** to all of the boxes? Congratulations!  
If you answered **NO**, you may need help to change your diet.



## TIP

Improving your eating habits is good for your health.