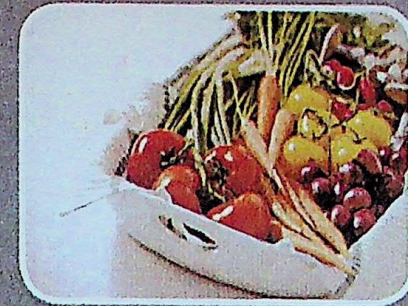
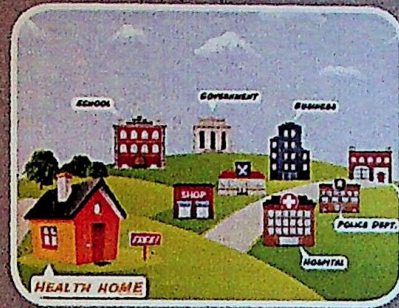


You Are What You Eat



A Tool to Help You Create & Maintain a Nutritious Diet

You Are What You Eat

Name:

Start Date:

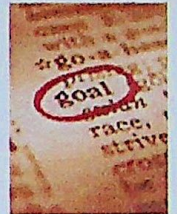
Completion Date:

What I need to change:



How I plan to do it:

I will use the nutrition worksheet below to work on specific components of my diet.



How I plan to stay on track:



(Visit www.ratings.h3po.org to find websites where you can track your goals and activities.)

My Plan For A Balanced & Nutritious Diet

Components of Your Diet	Current Intake	<u>Recommended Intake</u>	Goal	How will you improve?	Barriers to improvements?	How will you overcome?
 Fruits						
 Vegetables						
 Dairy						
 Whole Grains / High Fiber						
 Legumes / Nuts / Beans						
 Low Fat Protein						
 Sugar						
 Saturated Fat						

* Click on the links above for a definition and more information

My Plan For A Balanced & Nutritious Diet

Components of Your Diet	Current Intake	<u>Recommended Intake</u>	Goal	How will you improve?	Barriers to improvements?	How will you overcome?
 Sodium						
 Trans Fat						
 Antioxidant Rich Foods						
 Omega 3 Fatty Acid Rich Foods						
 Alcohol						
 Water						
 Variety & Balance						
 Local Foods						

* Click on the links above for a definition and more information

My Plan For A Balanced & Nutritious Diet

Components of Your Diet	Current Intake	<u>Recommended Intake</u>	Goal	How will you improve?	Barriers to improvements?	How will you overcome?
 Organic Foods						
 Meal Frequency						
 Snacking						
 Portion Size Control						
 Breakfast						
 Comfort Eating						
 Vitamins & Minerals						

* Click on the links above for a definition and more information