FOOD PORTION TRACKER | WEEK 1

Colour one square each time you consume one portion. Use the reference guide on page 3.

Client: _____ **Week starting:** _____ **Week ending:** _____

DAY	Fruit 1 box = 1 portion	Vegetables 1 box = 1 portion	Complex carbs 1 box = 1 portion	White carbs 1 box = 1 portion	Protein 1 box = 1 portion	Sugar 1 box = 5 g	Oils / fats 1 box = 1 tsp
Monday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Tuesday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Wednesday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Thursday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Friday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Saturday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Sunday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐

Notes:

FOOD PORTION TRACKER | WEEK 2

Colour one square each time you consume one portion. Use the reference guide on page 3.

Client: _____ **Week starting:** _____ **Week ending:** _____

DAY	Fruit 1 box = 1 portion	Vegetables 1 box = 1 portion	Complex carbs 1 box = 1 portion	White carbs 1 box = 1 portion	Protein 1 box = 1 portion	Sugar 1 box = 5 g	Oils / fats 1 box = 1 tsp
Monday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Tuesday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Wednesday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Thursday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
Friday Date: _____	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐	☐☐☐☐☐☐ ☐☐☐☐☐☐	☐☐☐☐☐☐ ☐☐☐☐
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Notes:

PORTION SIZE REFERENCE

Use these visual estimates when filling in the two weekly tracking pages.

FRUIT

1 small apple or 1 medium orange

Visual cue: Tennis ball | About 60 calories

VEGETABLES

1/2 cup cooked carrots, 1 medium tomato or bell pepper

Visual cue: Baseball | About 25 calories

COMPLEX CARBOHYDRATES

1/2 cup cooked whole-grain pasta or 1 slice whole-grain bread

Visual cue: Deck of cards | About 70 calories for pasta

WHITE CARBOHYDRATES

Track refined grains separately, such as white bread, rice or pasta

Visual cue: Deck of cards as a rough cue | Serving varies by food

PROTEIN

2-2 1/2 oz cooked chicken or 3 oz vegetarian burger

Visual cue: Deck of cards | About 110 calories for chicken

OILS AND FATS

2 tsp regular mayonnaise, or 1 tsp butter

Visual cue: Pair of dice | About 45 calories for mayonnaise

SUGAR

Colour 1 box for every 5 g of sugar consumed

Visual cue: Use nutrition labels | Specify total or added sugar below

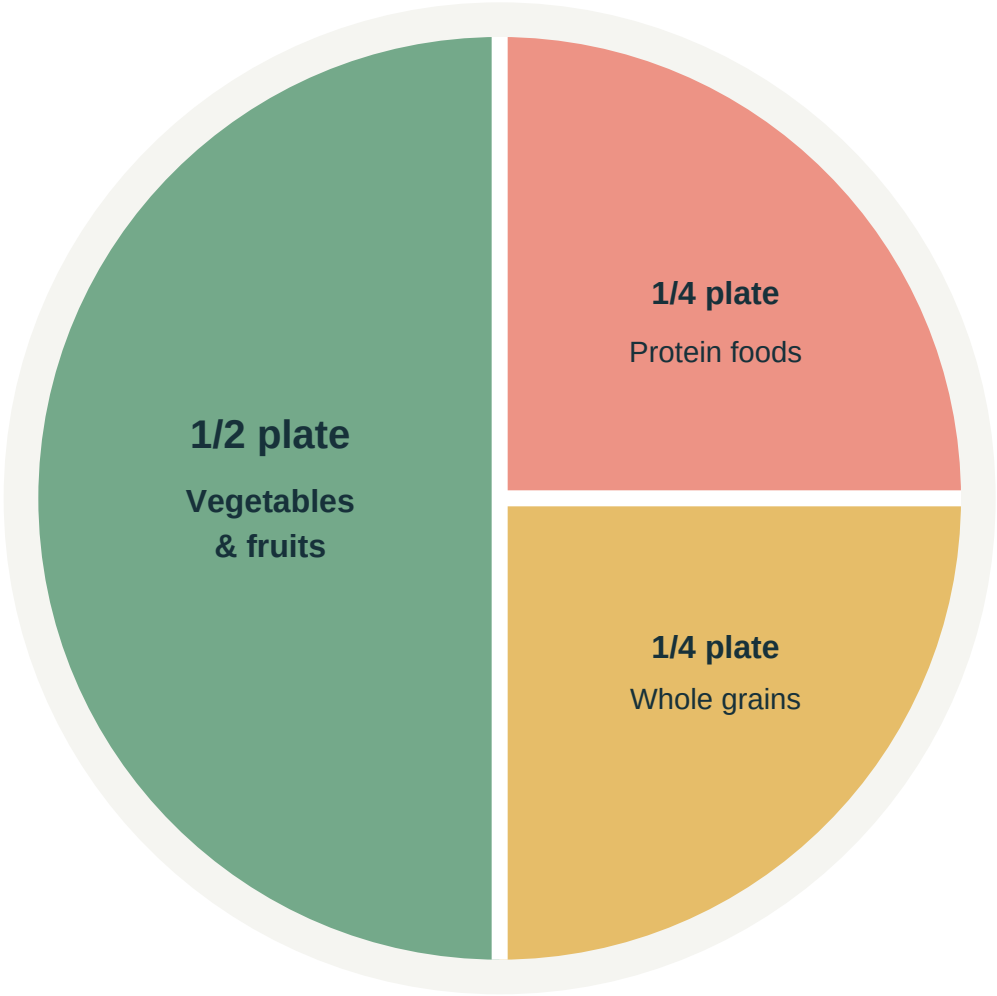
Sugar tracking: [ ] Total sugar [ ] Added/free sugar (choose one approach consistently)

These are practical portion cues supplied for this tracker, not official Canada Food Guide serving targets.

kw personal training
HELPING WOMEN OVER 40 TO LIVE AWESOMELY

CANADA'S FOOD GUIDE PLATE

A simple way to build a balanced meal



Build your plate

- **1/2** Vegetables and fruits
- **1/4** Whole grain foods
- **1/4** Protein foods

Make water your drink of choice.

Plate proportions are a guide, not prescribed portion sizes or daily serving targets.

Original diagram based on Health Canada guidance. Not an official Government of Canada graphic.

Source: canada.ca/en/health-canada/services/food-guide.html