Name _____

The Human Body - Digestive System

Lesson 4: Keeping Our Digestive System Healthy - Nutrition Diary

Goals

To track foods eaten to see if they include nutrients we need (from Canada's Food Guide)
To try to eat less foods that have low or no nutritional value

Record the vegetables, fruits, grains and proteins eaten in a day
(Check any boxes of food you eat and write in specific foods)

- **Vegetables** _____ _____ _____ _____
  _____ _____ _____ _____
- **Fruits** _____ _____ _____ _____
  _____ _____ _____ _____
- **Whole grains like**
  - Oats
  - Wild rice
  - Whole wheat pasta
  - Breads

  _____ _____ _____ _____
- **Proteins like**
  - Eggs
  - Nuts or seeds
  - Fish or shellfish
  - Beans, peas or lentils
  - Meats (lean meats are best)
  - Lower-fat dairy products like milk and yoghurt
  - Fortified soy drinks, tofu, soybeans and other soy products

  _____ _____ _____ _____

Record food with low or zero nutritional value eaten in a day (made with added sugars, solid fats, and refined carbohydrates), like …

- Sugary drinks like sodas
- Deep-fried foods
- Ultra-processed snacks like chips and candy

_____ _____ _____ _____

I think my nutrition is good because _____

I could try to eat better by _____

If you need more space, write on the other side.

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