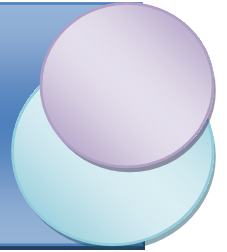


# Your Best Health: Adult Weight Management Reflection Journal



## Eating Well for Weight and Health

Eating well for weight and health isn't just about **what** you eat. It's also about **how much** and **when** you eat. Think about your eating habits and ask yourself these questions:

Did you have breakfast this morning? If not, why not?

Do the portions on your plate look like the **balanced plate**?

What's 1 thing that you're doing well?

What's 1 thing you could improve?

Is this one of the changes you might think about making?

Think about starting a food journal to help you track what and when you eat.

Go back to the learning module to find out about portions.

### Know Your Portions

Think about your meals:

1. Do the portions on your plate look like Canada's food guide balanced plate?  
 not usually  
 sometimes

most of the time

2. What's one thing that you're doing well? \_

3. What's one thing you could improve?

Go back to the learning module and find out about healthy drinks.

### **Choose Healthy Drinks**

Do you drink fruit or vegetable juice

- Yes
- No

Do you drink water?

- Yes
- No

Do you drink other healthy drinks that aren't water?

- Yes
- No

Do you choose drinks with calories (except low fat, unflavoured milk or fortified unsweetened plant-based drinks)?

- Yes
- No

Go back to the learning module and find out what the 4 Ps of health eating are.

## Getting Started with the 4 P's

Check the statements that are true for you:

Do you plan your meals and snacks at least 1 day ahead?

not often  sometimes usually

Do you do the grocery shopping in your household?

not often  sometimes usually

If yes, do you use a shopping list?

not often sometimes usually

Are your meals prepared at home?

not often sometimes usually

When you're ready to prepare a meal, do you have all the ingredients or foods that you need?

not often sometimes usually

Do you bring meals and snacks prepared at home when you'll be eating away from home? (For example while travelling or at work or school)?

not often sometimes usually

Each **Usually** answer means you're doing some meal planning. Each **Not Often** answer may be an area for you to consider setting a goal.