

CHECK ON  
**PROTEIN**  
FOODTRACK™



Find out if your protein intake  
is on track and on time.

## STEP 1: KEEP TRACK

**LIST** everything you ate and drank yesterday, noting the time you ate.

**INCLUDE** all meals, beverages, and snacks.

Don't forget—if you work at night and sleep during the day, breakfast is the first meal you eat when you get up, even if it's in the afternoon!

It's okay if yesterday wasn't a typical day. You are learning a process of how to check protein in your diet.

EXAMPLE:

12 noon LUNCH TIME

½ cup milk  
2 slices bread  
5 oz. roast chicken on salad

BREAKFAST TIME

Snack TIME

LUNCH TIME

Snack TIME

DINNER TIME

Snack TIME


## STEP 2: ESTIMATE YOUR PROTEIN INTAKE

**FIND** the foods in these two food groups that you ate yesterday.

**ESTIMATE** the number of Food Guide Servings you ate and when you ate them.

**TOTAL** the number of Food Guide Servings you had from each food group.


MILK & ALTERNATIVES	1 FOOD GUIDE SERVING	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack
		FOOD GUIDE SERVINGS I HAD					
<b>EXAMPLE:</b> Milk: Skim, 1%, 2%, Whole, Chocolate, Flavoured	1 cup or 250 mL <i>I had ½ cup of milk at lunch</i>			½			
Milk: Skim, 1%, 2%, Whole, Chocolate, Flavoured	1 cup or 250 mL						
Powdered milk (dry)	⅓ cup or 75 mL						
Evaporated milk (canned)	½ cup or 125 mL						
Fortified soy beverage	1 cup or 250 mL						
Buttermilk	1 cup or 250 mL						
Yogurt or Kefir	¾ cup or 175 g						
Yogurt drink	200 mL						
Cheese	50 g or 1.5 oz or 1"x 1"x 3" piece						
Grated cheese	½ cup or 125 mL						
Ricotta	½ cup or 125 mL						
Pudding or Custard made with milk	½ cup or 125 mL						
Cottage cheese or Quark cheese	1 cup or 250 mL						
Soup made with milk	2 cups or 500 mL						

TOTAL MILK & ALTERNATIVES Food Guide Servings: ○ + ○ + ○ + ○ + ○ + ○ = 

### WHAT ABOUT...?

While foods in the Vegetables & Fruit and Grain Products groups contain some protein, keeping track of foods in Meat & Alternatives and Milk & Alternatives is an easy and reliable way to ensure you are getting enough protein throughout the day.

MEAT & ALTERNATIVES	1 FOOD GUIDE SERVING	BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack
		FOOD GUIDE SERVINGS I HAD					
<b>EXAMPLE:</b> Poultry-cooked or canned e.g. Chicken, Turkey, Duck	2.5 oz or 75 g, ½ cup or 125 mL <i>I had 5 oz. of chicken at lunch</i>			2			
Dried beans, Dried peas or Lentils-cooked or canned e.g. Chickpeas, Baked beans	¾ cup or 175 mL						
Hummus	¾ cup or 175 mL						
Tofu	¾ cup or 175 mL, 150 g						
Fish or Seafood-cooked or canned e.g. Tuna, Salmon, Clams, Shrimp	2.5 oz or 75 g, ½ cup or 125 mL						
Poultry-cooked or canned e.g. Chicken, Turkey, Duck	2.5 oz or 75 g, ½ cup or 125 mL						
Meat-cooked or canned e.g. Beef, Hamburger, Pork, Ham, Moose	2.5 oz or 75 g, ½ cup or 125 mL						
Eggs	2 eggs						
Peanut butter or Nut butter	2 Tbsp or 30 mL						
Nuts or Seeds-shelled e.g. Almonds, Walnuts, Sunflower seeds	¼ cup or 60 mL						

TOTAL MEAT & ALTERNATIVES Food Guide Servings: ○ + ○ + ○ + ○ + ○ + ○ = 

## STEP 3: ARE YOU ON TRACK?

FIND the age group you fit in.

RECOMMENDED NUMBER OF FOOD GUIDE SERVINGS PER DAY						
FOOD GROUP	TEENS		ADULTS			
	14-18 YEARS		19-50 YEARS		51+ YEARS	
	(FEMALE)	(MALE)	(FEMALE)	(MALE)	(FEMALE)	(MALE)
MILK & ALTERNATIVES	3-4	3-4	2	2	3	3
MEAT & ALTERNATIVES	2	3	2	3	2	3

COPY the number of Food Guide Servings you need into the table below.

COMPLETE the table.

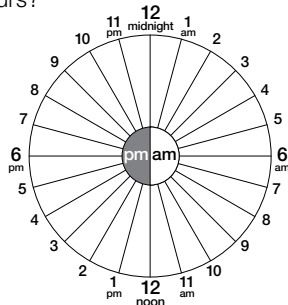
FOOD GROUP	My recommended number of FOOD GUIDE SERVINGS per day	MY TOTAL from Step 2	NUMBER STILL NEEDED
MILK & ALTERNATIVES			
MEAT & ALTERNATIVES			

## STEP 4: IS YOUR PROTEIN INTAKE ON TIME?

Are you including a protein-rich food every 4-6 hours?

SHADE in the portion of the clock when you were sleeping. Now shade in the times when your meal or snack included MILK & ALTERNATIVES or MEAT & ALTERNATIVES.

LOOK at the white spaces left. Is there more than a 4-6 hour gap during your waking hours?



CHECK as many boxes as apply.

- I ate the recommended number of Food Guide Servings per day AND I included a MILK & ALTERNATIVE or a MEAT & ALTERNATIVE every 4-6 hours. I am on track and on time!
- I ate less than the recommended Food Guide Servings from \_\_\_\_\_ Food Group(s).  
Move on to IDEAS FOR ACTION and STEP 5.
- I missed getting a protein-rich food at \_\_\_\_\_ (TIME).  
Move on to IDEAS FOR ACTION and STEP 5.

## IDEAS FOR ACTION

CHECK one or two ideas that would help you get enough protein throughout the day.

### BREAKFAST IDEAS

- Add yogurt, milk, soft tofu, peanut butter, cottage cheese, or skim milk powder to a smoothie.
- Sprinkle unsalted nuts or seeds on your cereal.
- Mix it up! Have an egg with toast and fruit.
- Spread peanut butter or almond butter on toast or an English muffin.
- Grab a yogurt drink and fruit when you're rushed.
- Replace your morning coffee with a latte.

### LUNCH AND DINNER IDEAS

- Include a glass of milk or fortified soy beverage with meals.
- Tired of sandwiches? Try a wrap filled with egg, hummus, beans, canned fish, or roast chicken.
- How about melted cheese on a bagel with fruit or veggie sticks?
- Lentil soup/stew and whole grain toast is a filling choice.
- Tofu stir-fry is a protein-rich meatless meal.
- Save leftovers for lunch! Aim for no more than a deck-of-cards size portion of meat or fish at supper.

### SNACK IDEAS

- Try homemade pudding made with milk.
- Pair hummus, cheese, or nut butter with high-fibre crackers or veggies.
- Prepare veggie dips or spreads that use cottage cheese or yogurt.
- Include a glass of warm milk before bed in the evening.
- Tide yourself over until dinner with a small handful of unsalted trail mix in the afternoon.

## STEP 5: TAKE ACTION

Plans make things happen!

REVIEW the boxes you checked in STEP 4.

Do you need to **add** more protein-rich foods to your day? Or do you need to **move** a protein-rich food from a meal where you had plenty to another meal or snack?

CONSIDER the IDEAS FOR ACTION to design your own plan.

MAKE your plan very specific:

- the food you will really eat
- the time you need a protein-rich food.

#### EXAMPLE:

I need to **add**  or **move**  a protein-rich food to this meal time: 8:00 am

I will add a small handful of walnuts to my bowl of cereal

#### MY PLAN:

I need to **add**  or **move**  a protein-rich food to this meal time: \_\_\_\_\_

I will \_\_\_\_\_

## STEP 6: IS YOUR PLAN ON TRACK?

**THINK** about your plan. Ask yourself:

- Have I chosen foods I enjoy eating?
- Is this plan convenient for me?
- What might interfere? How can I overcome this?
- Would a different meal or snack time be better?
- Can I picture myself carrying out this plan? (If not, go back to STEP 5 and revise your plan.)

**CONGRATULATIONS!** You have learned a simple process to check on protein in your diet. Repeat this process any day to see if you are on track and on time.

**WHY INCLUDE** protein-rich foods throughout the day?

- Including protein-rich foods at regular times helps you feel full longer. High-fibre foods help, too. See *FoodTrack™—Check on Fibre* to track your fibre intake.
- Regular protein intake helps keep blood sugar steady throughout the day.
- Protein-rich foods are also low on the glycemic index, which is helpful for chronic disease prevention and management, and overall health.

Check if you are on track...



by using the rest of the FoodTrack™ series.

If you have more nutrition questions, call  
HealthLink BC at 8-1-1 and ask to speak to a dietitian.



For more information,  
call a nutrition educator at:  
604-294-3775 or  
1-800-242-6455

[nutritioneducationbc.ca](http://nutritioneducationbc.ca)

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