

INNOVATION IN
NUTRITION
EDUCATION

CHECK ON
PROTEIN
FOODTRACK™



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

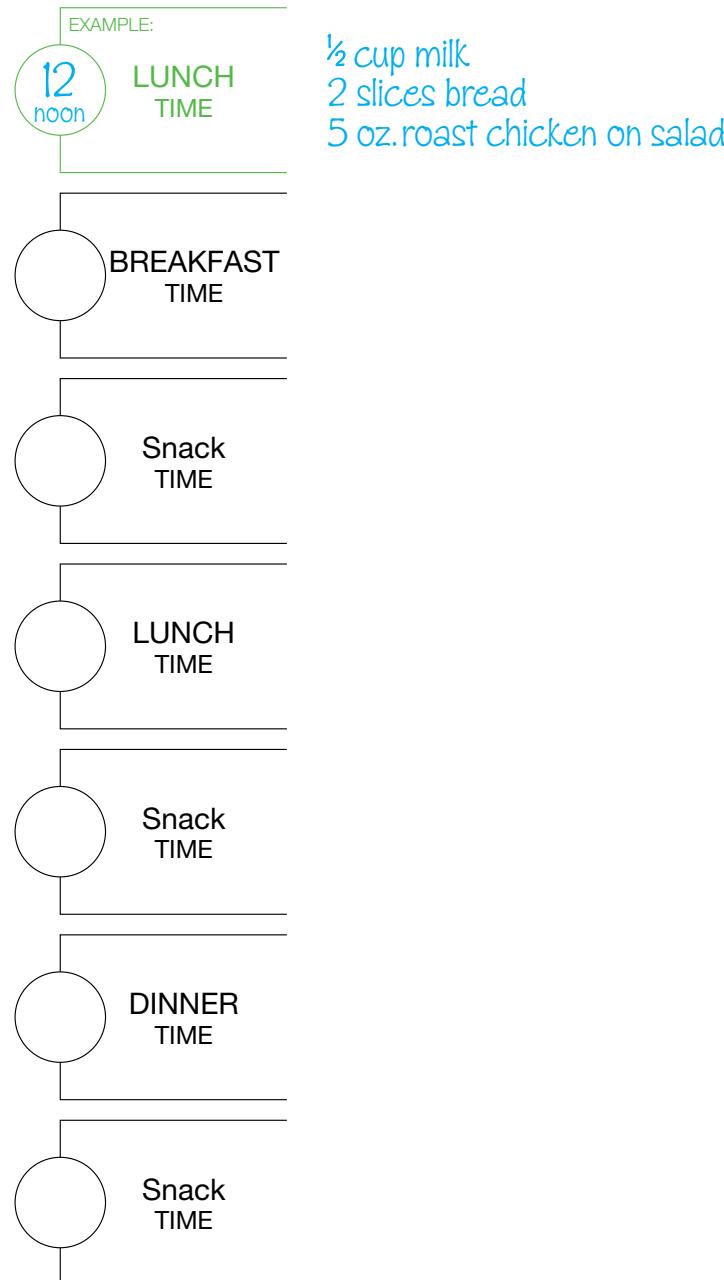
STEP 1: KEEP TRACK

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.



STEP 2: ESTIMATE YOUR PROTEIN INTAKE

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

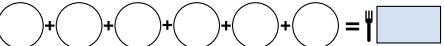
ESTIMATE the number of Food Guide Servings you ate and when you ate them.

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

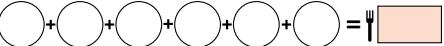
WHAT ABOUT...?

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.

MILK & ALTERNATIVES	1 FOOD GUIDE SERVING	FOOD GUIDE SERVINGS I HAD					
		BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack
EXAMPLE: 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:  =  **MY TOTAL**

MEAT & ALTERNATIVES	1 FOOD GUIDE SERVING	FOOD GUIDE SERVINGS I HAD					
		BREAKFAST	Snack	LUNCH	Snack	DINNER	Snack
EXAMPLE: 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:  =  **MY TOTAL**

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
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