**NAT160**

**Assignment 1**

**30 marks (10%)**

# Canada's Guidelines for Healthy Eating

**Part A: The Healthy Eating Check-Up**

# Healthy Eating Check-Up

|  |  |  |  |
| --- | --- | --- | --- |
| **1.** | **Do you eat pretty much the same foods each week?** | | |
|  | ( ) | yes | 0 |
|  | (\*) | mostly the same, some different | 1 |
|  | ( ) | no, I eat a lot of different foods | 3 |

|  |  |  |  |
| --- | --- | --- | --- |
| **2.** | **How often do you eat legumes? (Legumes are dried beans such as lima beans, kidney beans, chick peas, baked beans or lentils.)** | | |
|  | ( ) | never | 0 |
|  | ( ) | once in a while | 1 |
|  | ( ) | once a week | 2 |
|  | (\*) | at least twice a week | 3 |

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| **3.** | **How many servings of fruits and vegetables do you eat each day? (One serving is a medium-size fruit or vegetable, 125ml juice or 125ml serving of fruit or vegetable)** | | |
|  | (\*) | 1 to 2 | 0 |
|  | ( ) | 3 to 4 | 1 |
|  | ( ) | 5 or more | 3 |

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| **4.** | **How many servings of grain products do you eat each day? (One serving is 1 slice of bread; ½ bagel or bun; 4 to 6 crackers; 125ml cooked rice/pasta; 175ml cooked cereal; 30g of cooked cereal)** | | |
|  | (\*) | 1 to 2 | 0 |
|  | ( ) | 3 to 4 | 1 |
|  | ( ) | 5 or more | 3 |

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| **5.** | **Do you eat whole grain foods rather than white bread and refined cereals? (Examples: whole whole bread; brown rice and pasta; whole grain cereal like shredded wheat or oatmeal)** | | |
|  | ( ) | never | 0 |
|  | (\*) | occasionally | 1 |
|  | ( ) | most of the time | 3 |

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| **6.** | **Do you always put butter or margarine on bread, toast, vegetables and potatoes?** | | |
|  | ( ) | yes | 0 |
|  | ( ) | yes, but use “light” kind or spread lightly | 1 |
|  | ( ) | sometimes, not always | 2 |
|  | (\*) | never use | 3 |

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| **7.** | **What type of milk do you drink?** | | |
|  | ( ) | skim or 1% | 3 |
|  | ( ) | 2% | 2 |
|  | (\*) | whole or homo milk | 1 |
|  | ( ) | don’t drink milk but eat other low fat milk products | 3 |

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| **8.** | **Do you eat meat, fish or poultry without skin at dinner?** | | |
|  | ( ) | yes, always | 1 |
|  | (\*) | yes, but I choose leaner meat, fish or poultry | 3 |
|  | ( ) | no, I am vegetarian | 3 |

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| **9.** | **How often do you eat fast-food meals?** | | |
|  | ( ) | once a week | 0 |
|  | ( ) | more than once a week | 0 |
|  | ( ) | once every two weeks | 1 |
|  | (\*) | once a month | 2 |
|  | ( ) | rarely | 3 |

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| **10.** | **How often do you eat a rich dessert? (Pie, cheesecake, ice cream, cookies like shortbread)** | | |
|  | ( ) | everyday | 0 |
|  | (\*) | 2 to 3 times a week | 1 |
|  | ( ) | about once a week | 2 |
|  | ( ) | rarely, on special occasions | 3 |

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| **11.** | **What kind of breakfast do you usually eat?** | | |
|  | ( ) | bacon, eggs, toast | 1 |
|  | ( ) | no breakfast, or, just coffee | 0 |
|  | ( ) | cereal or grain product (e.g. rice with milk and fruit or juice) | 3 |
|  | (\*) | yogurt and fruit | 2 |
|  | ( ) | toast or muffin with peanut butter and/or jam, and little or no butter | 2 |

|  |  |  |  |
| --- | --- | --- | --- |
| **12.** | **What are you most likely to snack on?** | | |
|  | (\*) | fruit, low fat cheese, crackers, low-fat muffin, yogurt, milk, juice | 3 |
|  | ( ) | snacks like chips, cheesies, taco chips | 0 |
|  | ( ) | snacks like butterless popcorn, pretzels | 1 |
|  | ( ) | cookies, cake, ice cream treats | 0 |

|  |  |  |  |
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| **13.** | **How many caffeinated drinks do you drink? (i.e. coffee, tea, cola)** | | |
|  | ( ) | none | 3 |
|  | ( ) | less than 4 cups a day | 2 |
|  | (\*) | 4 cups a day, or more | 0 |

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| **14.** | **Do you add salt to food at the table?** | | |
|  | ( ) | always | 0 |
|  | (\*) | usually | 1 |
|  | ( ) | occasionally | 2 |
|  | ( ) | never | 3 |

|  |
| --- |
| **Now, add up your score. What is your total score? \_\_\_21\_\_\_\_** |

**Part B: Behaviour Change** (10 marks)

One of my weakness is that my breakfast is too weak usually coffee and sometimes yogurt and fruit but not usually.

1. Identify 2 foods **you like** that, if consumed, would strengthen the weakness identified in #1. For example, if you found your weakness to be not enough vegetables, identify 2 vegetables that you actually like to eat. Explain how the new foods will help improve your diet.
2. Identify 2 foods you could replace (i.e. that you could live without) in your diet to make room for the new foods identified in #2 that you will be adding. Explain why you chose the 2 foods you can live without and why removing them will make your diet better.
3. From the foods you just identified, choose **one** that would be the easiest to remove from your diet (easiest one to live without) and **one** food that would be the easiest to add to your current diet.
4. Plan how to incorporate this change in your diet by considering the following points:
5. When during a day would you likely eat the “easiest food to add”?
6. How much of this food would you likely eat?
7. How would you make sure this food would be available when you plan to eat it?
8. When during the day would you normally eat the “easiest food to replace”?
9. How much of this food would you likely replace with the food you’ll be adding to your diet?

**Part C: Personal Strategies using Canada's Guidelines for Healthy Eating** (10 marks)

1. Develop one healthy eating strategy for ***each*** of the five recommendations in Canada's Guidelines for Healthy Eating (so, 5 strategies in all). Each strategy is a specific ***plan*** that would improve your diet and lifestyle.
2. Remember to use **Canada's Guidelines for Healthy Eating** for this assignment! **DO NOT** use Canada's Food Guide! (These 2 documents are very different) (**Hint**: Please review Module 3.)

**Example of One Strategy**

Sample Strategy re: Guideline #1: Enjoy a variety of foods

*My diet is quite boring. I always eat the same vegetables and fruit every day. To increase the variety of foods in my diet, my strategy is as follows:*   
*Before I shop, I am going to check the flyers to see which vegetables are on sale and choose one that I have never tried before.*

**Part D: Implementation of one strategy** (10 marks)

**Instructions**

1. Implement **one** of the strategies you developed in Part C of this assignment. You can do this for one day or longer.
2. Reflect on the strategy you implemented. Your assignment should address these topics (and more, if possible):
3. Describe how your appetite was affected by implementing the strategy. Discuss any cravings you had for certain foods or beverages.
4. Provide a list of the substitutions that you included in your diet. Discuss whether or not these substitutions were satisfactory.
5. Did you have any difficulty finding certain foods? Discuss.
6. Calculate the difference in the total cost of foods and include all the calculations in your assignment. (This could be set up using a “before” and “after” approach, for example.) Comment on your findings.