

Meal Planning with the Eat Well Plate

MEAL/TIME	FOODS/BEVERAGES	HUNGER LEVEL BEFORE MEAL	HUNGER LEVEL AFTER MEAL	SATISFACTION LEVEL	MOOD OR EMOTION

Hunger/Fullness Level:	Satisfaction Level:	Mood/Emotional Eating:								
<p>How would you rate your level of hunger/fullness on a 1-10 scale?</p> <p>1 = Very full (you feel sick) 3 = Comfortable after eating 5 = Neutral (not hungry or full) 7 = Normal feeling of hunger 10 = Very Hungry/Starving</p>	<p>How satisfied are you with this meal or snack? Rate your level of satisfaction from 1-10, where:</p> <p>1 = not at all satisfied 10 = extremely satisfied</p>	<p>Did you eat for another reason?</p> <p>No - I was physically hungry. Yes - select any that apply:</p> <table border="0"> <tr> <td>Calm.</td> <td>Happy / Excited</td> </tr> <tr> <td>Anxious / Restless</td> <td>Bored</td> </tr> <tr> <td>Lonely</td> <td>Sad / Angry</td> </tr> <tr> <td>Guilty</td> <td>Others</td> </tr> </table>	Calm.	Happy / Excited	Anxious / Restless	Bored	Lonely	Sad / Angry	Guilty	Others
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Meal Planning with the Eat Well Plate

Meal Planning

Meal planning is a flexible, practical and dynamic process that is created by your experiences and preferences. It is not meant to be rigid or strict, rather you can adapt it to any day or week or situation without feeling restricted. Use some of these tips as you are planning your 'Eat Well Plate':

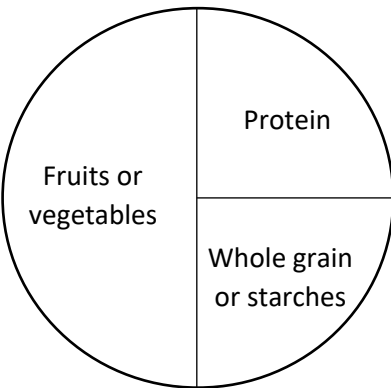
- Eat foods you like
- There are no 'good' or 'bad' foods
- Have fun and don't over complicate it
- Give yourself options
- Be flexible – give yourself permission
- Make it practical
- You don't need to count calories or points
- Use foods to nourish and satisfy your body

Listening to your Body

Connecting to your bodies hunger, fullness and satisfaction cues is just as important as what you eat. Maybe you've had a long day, you're tired, your body hurts, or you're stressed. Why we eat can have a direct impact on what we eat. Instead of thinking of food as 'good' or 'bad', try listening to your body to understand what your body needs and why. Ask yourself these questions:

Hunger/Fullness Level:	Satisfaction Level:	Mood/Emotion Eating:
<p>How would you rate your level of hunger/fullness on a 1-10 scale?</p> <p>1 = Very full (you feel sick) 3 = Comfortable after eating 5 = Neutral (not hungry or full) 7 = Normal feeling of hunger 10 = Very Hungry/Starving</p>	<p>How satisfied are you with this meal or snack? Rate your level of satisfaction from 1-10, where:</p> <p>1 = not at all satisfied 10 = extremely satisfied</p>	<p>Did you eat for another reason? No, I was physically hungry Yes - select any that apply:</p> <p>Calm Happy / Excited Anxious / Restless Bored Lonely Sad / Angry Guilty Others</p>

Creating an Eat Well Plate



When planning a meal, choose foods that you enjoy and want to eat. If you prefer to have a guide to help with creating an 'Eat Well Plate', use these steps for your plate, bowl, or mixed dish. Remember, it doesn't have to be perfect.

- Fill **half** of your plate fruits and/or vegetables at meals
- Make **quarter** of your meal whole grain foods or starches.
- Make the other **quarter** of your meal protein foods. If possible, choose plant-based proteins more often.
- Use fats in cooking or sparsely in meals and snacks
- For snacks: pair protein foods with fruits, vegetables, or whole grain foods.
- Drink water or lower calorie drinks
- Listen to your bodies hunger, fullness and satisfaction cues

Meal Planning with the Eat Well Plate

Customize it to your Preferences

Select foods that you like and/or are willing to try. Give yourself flexibility at meals or snacks to have foods that you feel like having in the moment. Remember, this is not a diet, rather a way of eating that respects your hunger and food cues.

VEGETABLES

- | | | |
|--|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Endives | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Beans (yellow or green) | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Fiddleheads | <input type="checkbox"/> Seaweed |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Leafy Greens | <input type="checkbox"/> Snow Peas |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Leeks | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Okra | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Peppers | <input type="checkbox"/> _____ |

FRUITS

- | | | | |
|--------------------------------------|--|------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apple* | <input type="checkbox"/> Grapefruit* | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Plum* |
| <input type="checkbox"/> Apricots* | <input type="checkbox"/> Grapes | <input type="checkbox"/> Orange* | <input type="checkbox"/> Pomegranate* |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Guava | <input type="checkbox"/> Papaya | <input type="checkbox"/> Prunes* |
| <input type="checkbox"/> Berries* | <input type="checkbox"/> Honeydew Melon* | <input type="checkbox"/> Peach* | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Cantaloupe* | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pear* | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lychee | <input type="checkbox"/> Pineapple | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Mango* | <input type="checkbox"/> Plantain | <input type="checkbox"/> _____ |

GRAINS & STARCHES

- | | | |
|--|--|--|
| Breads | Grains | Cereals |
| <input type="checkbox"/> Spelt Bread* | <input type="checkbox"/> Barley* | <input type="checkbox"/> All-Bran Original* |
| <input type="checkbox"/> Whole Grain Tortilla* | <input type="checkbox"/> Bulgur* | <input type="checkbox"/> All-Bran Buds* |
| <input type="checkbox"/> Sourdough Bread* | <input type="checkbox"/> Mung Bean Noodles* | <input type="checkbox"/> Oat Bran* |
| <input type="checkbox"/> Chapati | <input type="checkbox"/> Whole Grain Pasta (Al-Dente)* | <input type="checkbox"/> Steel-cut Oats* |
| <input type="checkbox"/> Pita Bread | <input type="checkbox"/> Quinoa* | <input type="checkbox"/> Cream of Wheat |
| <input type="checkbox"/> Roti | <input type="checkbox"/> Rice (Parboiled/Converted)* | <input type="checkbox"/> Oatmeal |
| <input type="checkbox"/> Pumpernickel Bread | <input type="checkbox"/> Basmati Rice | Other |
| <input type="checkbox"/> Rye Bread | <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Peas* |
| <input type="checkbox"/> Whole Grain Wheat Bread | <input type="checkbox"/> Cornmeal | <input type="checkbox"/> Sweet Potato* |
| <input type="checkbox"/> Naan | <input type="checkbox"/> Couscous | <input type="checkbox"/> Winter Squash* |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Rice Noodles | <input type="checkbox"/> Corn |
| | <input type="checkbox"/> Wild Rice | <input type="checkbox"/> Potato (Red, White) |
| | <input type="checkbox"/> _____ | <input type="checkbox"/> Rye Crackers |
| | | <input type="checkbox"/> Stone Wheat Thins |
| | | <input type="checkbox"/> _____ |

Meal Planning with the Eat Well Plate

PROTEIN

Plant-based proteins

- Beans
- Chickpeas
- Lentils
- Mung Beans
- Hummus
- Nuts
- Nut Butters
- Seeds
- Tofu
- _____

Milk and alternatives

- Cow Milk
- Greek Yogurt
- Cheese
- Kefir
- Cottage Cheese
- Paneer
- Soy Milk
- _____
- _____
- _____

Animal proteins

- Chicken
- Beef
- Pork
- Fish
- Shellfish
- Turkey
- Goat
- Lamb
- Eggs
- _____

FATS

Foods containing healthy fats

- Nuts
- Seeds
- Avocado
- Fatty Fish (salmon, trout, cod, perch)
- Soft Margarine

Oils

- Corn
- Olive
- Canola

- Peanut
- Sesame
- Soybean
- Flaxseed
- Safflower
- Sunflower

Other

- _____
- _____
- _____

SNACK EXAMPLES

Carrot/cucumbers/celery with hummus
 Apple* with peanut butter
 Greek yogurt with berries*
 Other:

Whole grain crackers* with cheese
 Cottage cheese with melon*
 Hardboiled egg with tomato slices
 Other:

NOTES:

***= Low Glycemic Index: these foods should be consumed most often as it may help you decrease risk of type 2 diabetes and its complications, decrease risk of heart disease and stroke, feel full longer, maintain or lose weight.**

References:

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