



## Sample Food Journal

<b>Breakfast</b> <input type="checkbox"/> None Time: _____	<i>Example: 1 whole grain toast, peanut butter, ½ banana + 1/3 cup yogurt, ½ cup fruit + 1 cup decaf coffee with skim milk</i>
<b>AM Snack</b> <input type="checkbox"/> None Time: _____	
<b>Lunch</b> <input type="checkbox"/> None Time: _____	
<b>PM Snack</b> <input type="checkbox"/> None Time: _____	
<b>Supper</b> <input type="checkbox"/> None Time: _____	
<b>Evening Snack</b> <input type="checkbox"/> None Time: _____	

### Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



saskhealthauthority.ca