



FEBRUARY 22 2019



# DIETARY EVALUATION

We thank you for completing the food questionnaire!

Based on your answers, we have prepared a personalised evaluation of your diet.

CATEGORIES	MY INTAKE	THE RECOMMENDATION	EVALUATION
VEGETABLES AND FRUITS	8 servings	7 servings or more	
WHOLE GRAIN FOODS	2 servings	3 servings or more	
SODIUM	2700 mg	2300 mg or less	
SATURATED FATS	12%	10% or less	
SURGARY DRINKS	0 ml	0 ml	

## LEGEND:

- Your diet respects the recommendation
- Your diet approaches the recommendation
- Your diet does not respect the recommendation

## VEGETABLES AND FRUITS

Canada's Food Guide recommends eating vegetables and fruits in abundance. [Find out more...](#)

**Recommendation : Eat 7 servings or more of vegetables and fruits per day.** Since the most recent food guide does not have precise targets regarding the consumption of vegetables and fruits, this recommendation comes from the 2007 Canada's Food Guide.

## WHOLE GRAIN FOODS

Canada's Food Guide recommends including whole grain foods in your diet. [Find out more...](#)

**Recommendation : Eat 3 servings or more of whole grain foods per day.** Since the most recent food guide does not have precise targets regarding the consumption of whole grain foods, this recommendation comes from the 2007 Canada's Food Guide.

## SODIUM

Canada's Food Guide recommends choosing foods that contain little or no added sodium. [Find out more...](#)

**Recommendation: Eat less than 2300 mg of sodium per day.** This target is based on the Dietary Reference Intakes (DRIs).

## SATURATED FATS

Canada's Food Guide recommends favouring foods containing healthy fats rather than saturated fats. [Find out more...](#)

**Recommendation: Eat less than 10% of your energy intake in the form of saturated fats.** This target is based on the recommendation of the World Health Organization (WHO).

## SUGARY DRINKS

Canada's Food Guide recommends favouring the consumption of water rather than sugary drinks. [Find out more...](#)

**Recommendation : Not to drink sugary beverages.** This target is based on the most recent recommendations from Canada's Food Guide (2019).