

HEALTHY EATING PLANNING & MONITORING while BREASTFEEDING

While you are BREASTFEEDING you should eat more fresh fruit, vegetables and cereals

Use this page to **MONITOR YOUR EATING HABITS** & develop a **HEALTHY EATING PLAN**

How does your current diet rate?

Step 1: What are you eating? Look at the food you eat TODAY.

For each serve of a food you eat, tick a box below. (See the CABOOLTURE mums & little ones website to work out 'what's in a serve'). If you eat more serves than boxes, add extra ticks in that section.

Food group	Serves eaten from each food group
Cereals (including breads, rice, pasta, noodles)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> (<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>)
Fruit	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Vegetables, legumes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Lean meat, fish, poultry, nuts & legumes	<input type="checkbox"/> <input type="checkbox"/>
Milk, yoghurt, cheese	<input type="checkbox"/> <input type="checkbox"/>
Extra foods (e.g. cakes, pies, soft drinks, lollies etc)	<input type="checkbox"/> <input type="checkbox"/> (<input type="checkbox"/>)

Ideally do this for a few days, (including a weekend) to see how it averages out.

Step 2. Pick any food groups of which you need to eat more.

Do you have any boxes that are missing ticks? If yes, write these below:

Step 3. Pick which food groups you may be overeating.

Are there any food groups where you had more ticks than boxes? If yes, write these in here: _____

Step 4. Set a healthy diet goal.

Using **your** personal diet information set some goals about what you would like to change. Goals are easier to meet if they are small and easy to reach. For example, if there are a few foods of which you would like to eat more or less of, set a goal to change one each week. This could be 'eat another serve of dairy products each day this week' or 'look at the CABOOLTURE mums & little ones website for ways to eat more fruit'.

Set your weekly goal: _____

Plan your reward: _____

Rewards are important. They help you stick to the changes you decide to make. They don't have to be big or expensive. Treat yourself for all of your hard work with a magazine, movie or some 'mum' time.

Step 5: Identify support person

Talk to some one about your goal, they may be able to help by swapping ideas or just offering you some encouragement.

Who can help? _____

Have a go. Do it this week. Track your progress.

Step 6: Track your progress

Make copies of this form to monitor your progress week to week.

Step 7: Review your goals and rewards

Time to start a new **HEALTHY EATING PLANNING & MONITORING** form based on what worked or didn't work from this plan.

Talk to your doctor or midwife if you have any questions

