Name: _____

Day of the Week: _____

PROJECT GOLDENBITES

My Daily Food Intake Check

(for adults aged 51 years and above)

Food Groups	Self-assessment	Tips
 **Wholegrains**	Did I include wholegrains at my meals? ☐ None ☐ 1 - 2 times ☐ 3 or more times	Choose **wholegrain options** where possible.
 **Meat & Others**	Did I include protein-rich foods at my meals? ☐ None ☐ 1 - 2 times ☐ 3 or more times	Include **good quality protein** in your diet (e.g. lean meat, tofu, nuts, lentils, etc.).
 **Calcium-rich Foods**	Did I include calcium-rich food/drink? ☐ Yes ☐ No	Include calcium-rich foods daily. Aim for **1000 mg calcium per day.**
 **Vegetables**	How many servings did I consumed? ☐ serving/s	Aim for **2 servings** per day.
 **Fruits**	How many servings did I consumed? ☐ serving/s	Aim for **2 servings** per day.

Reflection



What did I do well?

_____

_____



What would I like to change?

_____

_____

Reference: Health Promotion Board, Nutritious Foods For A Healthy Diet, https://www.healthhub.sg/programmes/nutrition-hub/eat-more

姓名：_____

星期：_____

PROJECT GOLDENBITES

我的每日饮食小检查

（适合51岁及以上成人）

食物种类	自我检查	小贴士
 全谷类	我今天吃了几餐全谷类食物？ □ 没有 □ 1–2餐 □ 3餐或以上	尽量选择全谷类食物。
 肉类及其他蛋白质食物	我今天有几餐吃了富含蛋白质的食物？ □ 没有 □ 1–2餐 □ 3餐或以上	选择优质蛋白质，如瘦肉、豆腐、坚果、豆类等。
 高钙食物和饮料	我今天有吃/喝高钙食物/饮料吗？ □ 没有 □ 有	每天摄取高钙食物。 目标： 每天 1000毫克钙。
 蔬菜	我今天吃了多少份？ _____ 份	目标： 每天 2份蔬菜。
 水果	我今天吃了多少份？ _____ 份	目标： 每天 2份水果。

想一想



我做得好的地方：

_____

_____



我想改变的地方：

_____

_____

Reference: Health Promotion Board, Nutritious Foods For A Healthy Diet, https://www.healthhub.sg/programmes/nutrition-hub/eat-more