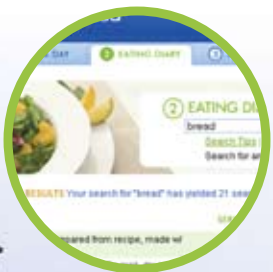


# ARE YOUR FOOD & ACTIVITY CHOICES ON TRACK?

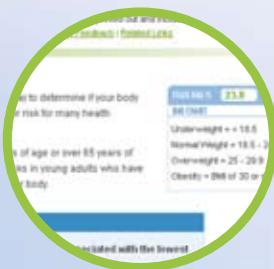
ARE YOU AT A HEALTHY WEIGHT? FIND OUT AT [WWW.DIETITIANS.CA/EATRACKER](http://WWW.DIETITIANS.CA/EATRACKER)

The **Eating + Activity Tracker** is a great tool from **Dietitians of Canada** which you can use to track your daily food and activity choices, get feedback on how you are doing, and find suggestions for ways to improve your choices.



## 1 SELECT YOUR DAILY FOODS AND ACTIVITIES

ETracker calculates your nutrient intakes and totals the time you spent in various activities. It then compares your results to current healthy eating and activity recommendations. The Eating Diary and Activity Diary let you choose from over 1000 food and nutrition supplements and over 100 popular activities.



## 2 RECEIVE PERSONALIZED FEEDBACK

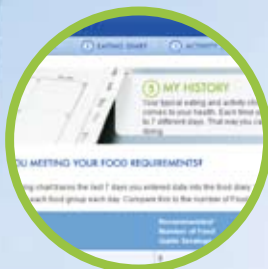
ETracker provides feedback about your intake of energy (calories), fibre and 14 key nutrients. ETracker also shows you how your food choices stack up against Canada's Food Guide. You'll also receive feedback about whether your day includes the right amount and type of activity to promote health and a healthy weight.

**ETracker can be used to help manage your weight.** It calculates your body mass index (BMI) and tells you if your weight is in a healthy range or if you need to make some changes. Helpful tips for achieving and maintaining a healthy weight are included.



## 3 FIND RESOURCES AND SUGGESTIONS TO HELP YOU

ETracker will give you ideas on how you can improve your eating and activity choices. Use the web links to find trusted advice on a variety of nutrition topics.



## 4 WATCH YOUR PROGRESS

ETracker stores your personal information so you can check in often to see your progress.

GETTING YOUR FOOD AND ACTIVITY CHOICES ON TRACK IS A FIRST STEP ON THE ROAD TO HEALTHY LIVING AND ACHIEVING A HEALTHY WEIGHT.

VISIT [WWW.DIETITIANS.CA/EATRACKER](http://WWW.DIETITIANS.CA/EATRACKER) TO GET YOURSELF ON TRACK!