1.7: Reflective Questions

1) What are the main principles of Canada’s Food Guide 2019?

2) In what ways does your own diet follow or not follow Canada’s Food Guide 2019? While reflecting on this question, document a **24-hour food recall** of foods and beverages that you have consumed, and use that as a reference. While this only represents one day, it is often used as a snapshot of a person’s eating patterns. It is typical to ask the client if their 24-hour food recall is representative of a usual day for them.