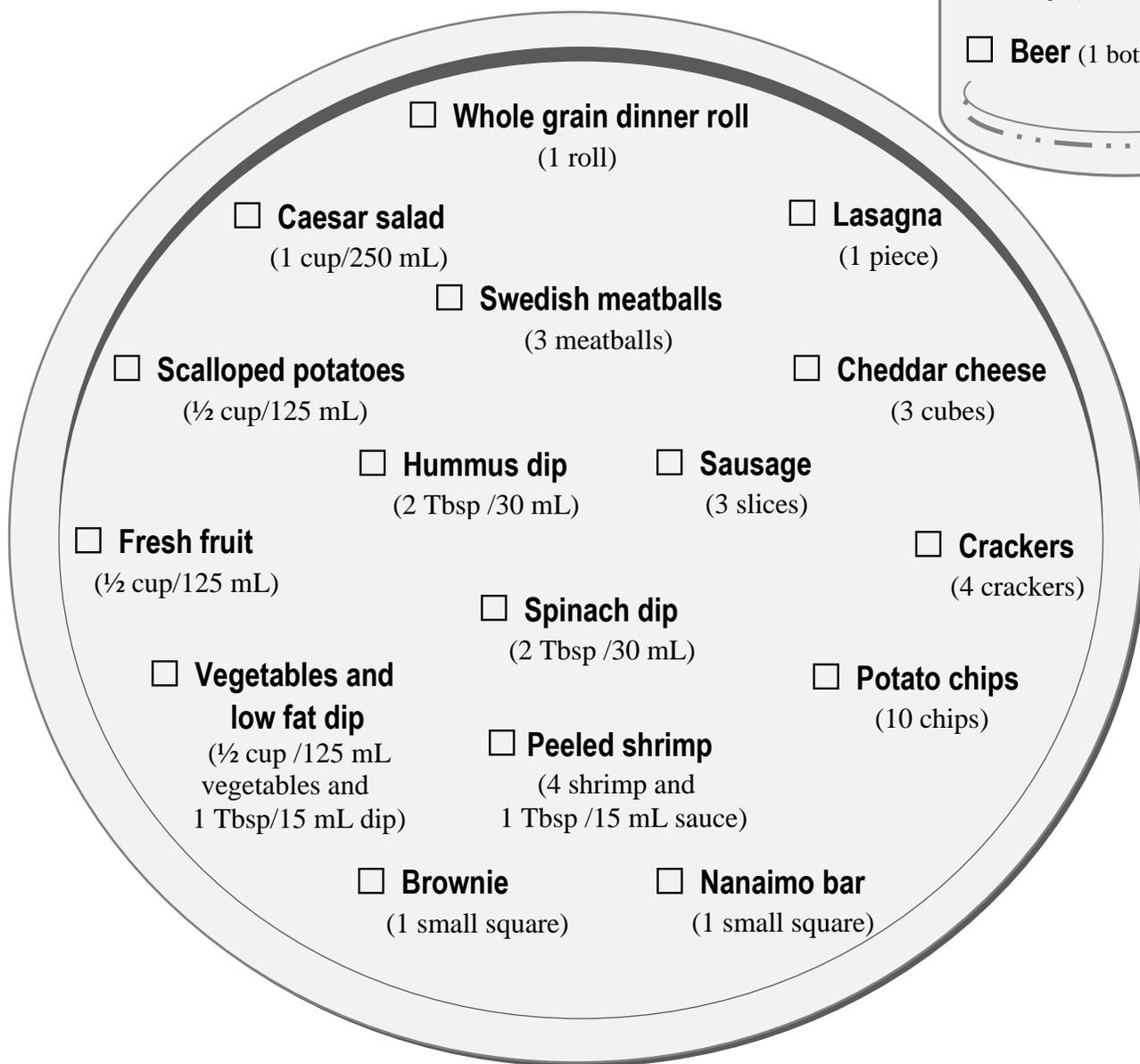


Activity: Picture Potluck

Instructions:

1. Check the box next to each food and drink you would like to have.
2. When you have finished choosing what to have, answer the questions on the back of this page.



Whole grain dinner roll
(1 roll)

Caesar salad
(1 cup/250 mL)

Lasagna
(1 piece)

Swedish meatballs
(3 meatballs)

Scalloped potatoes
(½ cup/125 mL)

Cheddar cheese
(3 cubes)

Hummus dip
(2 Tbsp /30 mL)

Sausage
(3 slices)

Fresh fruit
(½ cup/125 mL)

Crackers
(4 crackers)

Spinach dip
(2 Tbsp /30 mL)

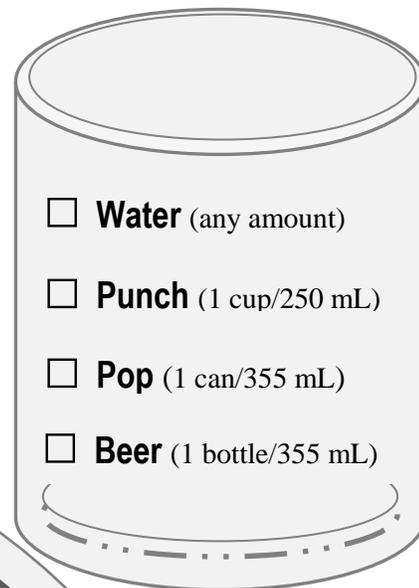
Potato chips
(10 chips)

Vegetables and low fat dip
(½ cup /125 mL vegetables and 1 Tbsp/15 mL dip)

Peeled shrimp
(4 shrimp and 1 Tbsp /15 mL sauce)

Brownie
(1 small square)

Nanaimo bar
(1 small square)



Water (any amount)

Punch (1 cup/250 mL)

Pop (1 can/355 mL)

Beer (1 bottle/355 mL)

Managing healthier choices and calories at potlucks, buffets, and parties

After making your food and drink choices at the Picture Potluck, answer the questions below. This activity can help you make healthier choices.

1. Did you look at all the food and drink options before choosing what you wanted?
 Yes No
2. Did you avoid choosing some of every food offered and only choose the foods you really wanted?
 Yes No
3. Was at least half your plate vegetables and/or fruit?
 Yes No
4. Did you choose smaller portions of foods that you think are higher calorie?
 Yes No
5. Did you choose a serving with protein? (Example: meat, fish, eggs, beans or lentils, tofu).
 Yes No
6. Did you choose water or other calorie-free drinks?
 Yes No

Now think about what **you usually do** when you eat at a potluck, buffet, or party. Answer the questions below.

7. Do you fill your plate up only once?
 Yes No
8. Do you choose a smaller plate when available?
 Yes No
9. When at a potluck, buffet, or party do you socialize away from the food table?
 Yes No
10. Do you bring a healthy choice when going to a potluck or party?
 Yes No
11. Do you keep tracking what you eat when at potlucks, buffets, or parties?
 Yes No

How am I doing?

Count the number of *Yes* answers you have and write this number below.

_____ *Yes* answers out of 11

Each question is a healthy eating habit you can use to manage calories.

Your *Yes* answers are the healthy eating habits **you** are already using. The more *Yes* answers you have, the more action you are taking to manage calories.

Review your *No* answers to see what other strategies you can use.