

EatRight Ontario

SPEAK WITH A REGISTERED DIETITIAN FOR FREE



1-877-510-510-2
www.eatrightontario.ca



Do you want help to eat healthier, manage your weight, get active or just feel your best?

Try eaTracker – A **FREE** online tool that lets you track your food and activity choices.

eaTracker is a free tool from Dietitians of Canada that makes it easy for you to:

- Track your food choices and daily activities
- Analyze your recipes
- Set goals
- Compare your eating and activity choices to national guidelines
- Get feedback on how you are doing



Plan Your Meals



Analyze Your Food



Track Your Activities



Meet Your Goals

Get on the path to success with EatRight Ontario and eaTracker!

Try the My Goals tool

Create goals, track your success and receive motivational messages.

1. Register for the My Goals tool at www.eatrightontario.ca/en/eaTracker. *It's free!*
2. Choose from a list of ready-made SMART goals, or write a custom goal for yourself.
3. Sign up for weekly motivational emails from EatRight Ontario* to keep you on track.
4. Track your progress on eaTracker often.
5. Get support from the Registered Dietitians at EatRight Ontario.* Call **1-877-510-510-2** to talk about your success and challenges and get answers to your healthy eating questions.

 **eaTracker.ca**
Brought to you by Dietitians of Canada

*available to residents of Ontario



Choose from over 100 ready-made SMART goals in eaTracker to help you:

- Make healthier food choices
- Manage your weight
- Plan and prepare meals
- Get more or less of a certain nutrient
- Stay active

What is your healthy eating goal?

Get started with eaTracker and the EatRight Ontario My Goals tool today!

www.eatrightontario.ca/en/eatracker



What are SMART goals?

Set SMART goals to increase your chance for success.

SMART stands for:

- S** **Specific:** When will you start?
- M** **Measurable:** How often? How much?
- A** **Action-oriented:** What behaviour will you change?
- R** **Realistic:** Can you see yourself having success?
- T** **Time-framed:** How long will it take?

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About Dietitians of Canada

Dietitians of Canada (DC) is the national professional association for dietitians, representing more than 6000 members at the local, provincial and national levels. DC operates EatRight Ontario to give the people of Ontario more ways to connect with a Registered Dietitian and get trusted advice on healthy eating at no charge.

Dietitians of Canada acknowledges the financial support of EatRight Ontario by the Ontario government.