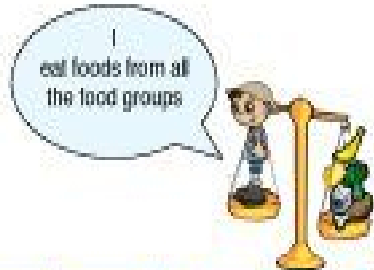


Track your Food Today!



Write in the DATE:

Write in the foods you eat each day		Breakfast	Snack 1	Lunch	Dinner	Snack 2	Activity	Other foods
	Grains Look for whole grains							
	Veggies Choose different colors to eat							
	Fruits Eat more fruit, make sure juice is 100% fruit							
	Milk - Dairy Go low fat or fat free							
	Meat/ Beans Try some fish and nuts							
	Color your star when complete							