





















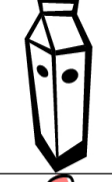
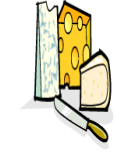




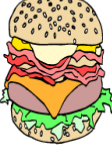








# WEEKLY NUTRITION LOG

## THE FIVE FOOD GROUPS

Eat something from *at least* four of the food groups listed each day and color that square. Remember, it is best to eat from all five food groups every day so try your hardest and "eat the rainbow"! When a whole week is completed, have your parents sign this log and turn it in for a food charm for your charm chain!! YOU DO NOT HAVE TO EAT WHAT IS ON THE PICTURE - THESE ARE JUST THERE AS EXAMPLES OF FOODS IN THAT FOOD GROUP.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>GRAINS</b> Look for the whole grains (brown)							
<b>VEGGIES</b> Choose different colors to eat							
<b>FRUITS</b> Eat more fruit, make sure juice is 100% fruit							
<b>MILK/DAIRY</b> Go low fat or fat free							
<b>MEAT/BEANS</b> Try some fish and nuts							

Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_