
















Color the star you eat each day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Grains look for whole grains</p>	★	★	★	★	★	★	★
 <p>Veggies choose different colors to eat</p>	★	★	★	★	★	★	★
 <p>Fruits Eat more fruit, make sure juice is 100% fruit</p>	★	★	★	★	★	★	★
 <p>Milk - Dairy Go low fat or fat free</p>	★	★	★	★	★	★	★
 <p>Meat/ Beans try some fish and nuts</p>	★	★	★	★	★	★	★
 <p>Don't forget to Move It</p>							

Free online nutrition games, fun activities and parent and child nutritional tools. For more, go to ChefSolus.com

Visit www.ChefSolus.com for Free online nutrition games, healthy interactive tools, fun activities, and tips!
Copyright © Maurita Lawrence, All Rights Reserved

