

Daily Nutritional Food Servings Checklist

Circle OR Cross-out the numbers with each serving you eat

	FRUITS (3-5)	VEGGIES (3-5)	PROTEINS (2-3)	DAIRY (2-3)	GRAINS (5-10)
<i>Monday</i>	1 2 3 4 5 Extra	1 2 3 4 5 Extra	1 2 3 Extra	1 2 3 Extra	1 2 3 4 5 6 7 8 9 10
<i>Tuesday</i>	1 2 3 4 5 Extra	1 2 3 4 5 Extra	1 2 3 Extra	1 2 3 Extra	1 2 3 4 5 6 7 8 9 10
<i>Wednesday</i>	1 2 3 4 5 Extra	1 2 3 4 5 Extra	1 2 3 Extra	1 2 3 Extra	1 2 3 4 5 6 7 8 9 10
<i>Thursday</i>	1 2 3 4 5 Extra	1 2 3 4 5 Extra	1 2 3 Extra	1 2 3 Extra	1 2 3 4 5 6 7 8 9 10
<i>Friday</i>	1 2 3 4 5 Extra	1 2 3 4 5 Extra	1 2 3 Extra	1 2 3 Extra	1 2 3 4 5 6 7 8 9 10
<i>Saturday</i>	1 2 3 4 5 Extra	1 2 3 4 5 Extra	1 2 3 Extra	1 2 3 Extra	1 2 3 4 5 6 7 8 9 10
<i>Sunday</i>	1 2 3 4 5 Extra	1 2 3 4 5 Extra	1 2 3 Extra	1 2 3 Extra	1 2 3 4 5 6 7 8 9 10

