

WEEKLY FOOD

CHECKLIST

for kids

VEGETABLES



- DARK GREEN VEGETABLES - 1 CUP OR TWO 1/2 CUP SERVINGS PER WEEK

- RED/ORANGE VEGETABLES - 3 CUPS OR SIX 1/2 CUP SERVINGS PER WEEK

- LEGUMES - 1/2 CUP OR ONE 1/2 CUP SERVINGS PER WEEK

- STARCHY VEGETABLES - 3.5 CUPS OR SEVEN 1/2 CUP SERVINGS PER WEEK

- OTHER VEGETABLES - 2.5 CUPS OR FIVE 1/2 CUP SERVINGS PER WEEK

PROTEIN



- SEAFOOD - 6 OUNCES PER WEEK

- NUTS OR SOY - 3 OUNCES OF NUTS OR SOY