

DAILY FOOD

CHECKLIST



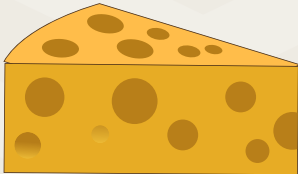
FRUITS - 1.5 CUPS - THREE 1/2 C SERVINGS PER DAY



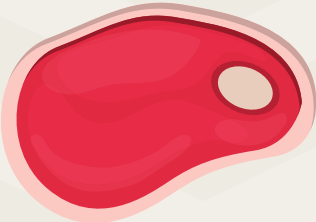
VEGETABLES - 2 CUPS - FOUR 1/2 C SERVINGS PER DAY



DAIRY - 2.5 CUPS - FIVE 1/2 C SERVINGS PER DAY



PROTEIN - 5 OUNCES PER DAY



GRAINS - 5 OUNCES PER DAY

