

WEEKLY FOOD

CHECKLIST

for kids

VEGETABLES



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

- RED/ORANGE VEGETABLES - 4 CUPS OR EIGHT 1/2 CUP SERVINGS PER WEEK

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

- STARCHY VEGETABLES - 4 CUPS OR EIGHT 1/2 CUP SERVINGS PER WEEK

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

PROTEIN



- SEAFOOD - 8 OUNCES PER WEEK

- NUTS OR SOY - 4 OUNCES OF NUTS OR SOY