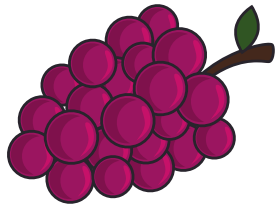




# DAILY FOOD

# CHECKLIST

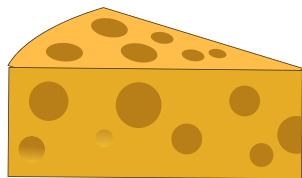
**FRUITS** - 2 CUPS - FOUR 1/2 C SERVINGS PER DAY



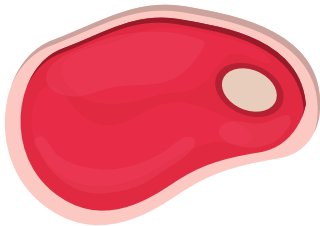
**VEGETABLES** - 2.5 CUPS - FIVE 1/2 C SERVINGS PER DAY



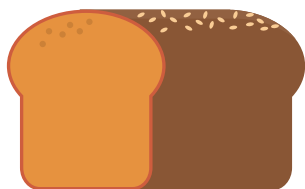
**DAIRY** - 3 CUPS - THREE 1 C SERVINGS PER DAY



**PROTEIN** - 5 OUNCES PER DAY



**GRAINS** - 6 OUNCES PER DAY



# WEEKLY FOOD GUIDE

**FRUITS** - 1.5-2 CUPS PER DAY - 10.5-14 CUPS PER WEEK

[fresh, frozen, or juice - oranges, apples, bananas, grapes, etc.]

**VEGETABLES** - 2.5 CUPS PER DAY - 17.5 CUPS PER WEEK

- 1.5 CUPS OF DARK GREEN VEGETABLES PER WEEK  
[broccoli, kale, spinach, romaine, turnip & mustard greens, etc.]

- 5.5 CUPS OF RED/ORANGE VEGETABLES PER WEEK  
[tomatoes, tomato juice, red peppers, sweet potatoes, carrots, etc.]

- 1.5 CUPS OF LEGUMES PER WEEK  
[kidney, white, black & pinto beans, edamame, split peas, etc.]

- 5 CUPS OF STARCHY VEGETABLES PER WEEK  
[white potatoes, corn, lima beans, etc.]

- 4 CUPS PER WEEK OF OTHER VEGETABLES PER WEEK  
[green beans, onions, cucumbers, mushrooms, zucchini, etc.]

**DAIRY** - 3 CUPS PER DAY - 21 CUPS PER WEEK

[milk, yogurt, frozen yogurt, cheeses, etc.]

**PROTEIN** - 5-5.5 OUNCES PER DAY - 35-38.5 OUNCES PER WEEK

- 8 OUNCES OF SEAFOOD PER WEEK

- 23-26 OUNCES OF MEAT, POULTRY, EGGS

- 4-5 OUNCES OF NUTS OR SOY

**GRAINS** - 6 OUNCES PER DAY - 42 OUNCES PER WEEK

- 3 OUNCES OF WHOLE GRAIN PER DAY - 21 OUNCES PER WEEK  
[1 slice of bread = 1 ounce ]  
[whole wheat bread, whole grain cereal, oatmeal, quinoa, popcorn, etc.]

# WEEKLY FOOD GUIDE

## **FRUITS** - 1.5 CUPS PER DAY - 10.5 CUPS PER WEEK

[fresh, frozen, or juice - oranges, apples, bananas, grapes, etc.]

## **VEGETABLES** - 2.5 CUPS PER DAY - 17.5 CUPS PER WEEK

- 1.5 CUPS OF DARK GREEN VEGETABLES PER WEEK  
[broccoli, kale, spinach, romaine, turnip & mustard greens, etc.]

- 5.5 CUPS OF RED/ORANGE VEGETABLES PER WEEK  
[tomatoes, tomato juice, red peppers, sweet potatoes, carrots, etc.]

- 1.5 CUPS OF LEGUMES PER WEEK  
[kidney, white, black & pinto beans, edamame, split peas, etc.]

- 5 CUPS OF STARCHY VEGETABLES PER WEEK  
[white potatoes, corn, lima beans, etc.]

- 4 CUPS PER WEEK OF OTHER VEGETABLES PER WEEK  
[green beans, onions, cucumbers, mushrooms, zucchini, etc.]

## **DAIRY** - 3 CUPS PER DAY - 21 CUPS PER WEEK

[milk, yogurt, frozen yogurt, cheeses, etc.]

## **PROTEIN** - 5 OUNCES PER DAY - 35 OUNCES PER WEEK

- 8 OUNCES OF SEAFOOD PER WEEK

- 23-26 OUNCES OF MEAT, POULTRY, EGGS

- 4-5 OUNCES OF NUTS OR SOY

## **GRAINS** - 6 OUNCES PER DAY - 42 OUNCES PER WEEK

- 3 OUNCES OF WHOLE GRAIN PER DAY - 21 OUNCES PER WEEK  
[1 slice of bread = 1 ounce ]  
[whole wheat bread, whole grain cereal, oatmeal, quinoa, popcorn, etc.]

# WEEKLY FOOD

# CHECKLIST

## VEGETABLES



- DARK GREEN VEGETABLES - 1.5 CUPS OR THREE 1/2 CUP SERVINGS PER WEEK

- RED/ORANGE VEGETABLES - 5.5 CUPS OR ELEVEN 1/2 CUP SERVINGS PER WEEK

- LEGUMES - 1.5 CUPS OR THREE 1/2 CUP SERVINGS PER WEEK

- STARCHY VEGETABLES - 5 CUPS OR TEN 1/2 CUP SERVINGS PER WEEK

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

## PROTEIN



- SEAFOOD - 8 OUNCES PER WEEK

- NUTS OR SOY - 4 OUNCES OF NUTS OR SOY

# WEEKLY FOOD

# CHECKLIST

## VEGETABLES



- DARK GREEN VEGETABLES - 1.5 CUPS OR THREE 1/2 CUP SERVINGS PER WEEK

- RED/ORANGE VEGETABLES - 5.5 CUPS OR ELEVEN 1/2 CUP SERVINGS PER WEEK

- LEGUMES - 1.5 CUPS OR THREE 1/2 CUP SERVINGS PER WEEK

- STARCHY VEGETABLES - 5 CUPS OR TEN 1/2 CUP SERVINGS PER WEEK

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

## PROTEIN



- SEAFOOD - 8 OUNCES PER WEEK

- NUTS OR SOY - 4 OUNCES OF NUTS OR SOY