

DAIRY

MILK

CHEESE

YOGURT



WATER



MEAT/ALTERNATIVES

FISH



CHICKEN

LEGUMES

OTHER* [3X/WK]

FRUITS & VEGETABLES

DARK ORANGE

CITRUS



DARK GREEN

100% Fruit Juice

OTHER



OTHER

OTHER



OTHER



OTHER

PHYSICAL ACTIVITY

10 MIN

10 MIN

10 MIN

10 MIN

10 MIN

10 MIN



WHOLE GRAINS

FIBER CEREAL

WHOLE WHEAT
BREAD

BROWN RICE

WHOLE WHEAT
BREAD

WHOLE WHEAT
SNACK

Whole Wheat PASTA

