

Track your Food Today!

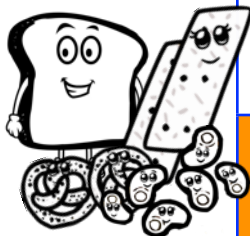


I'm an Eat-Smart Kid!

I eat foods from all the food groups



Write in the DATE:



Write in the foods you eat each day

Breakfast

Snack 1

Lunch

Dinner

Snack 2

Activity

Other foods

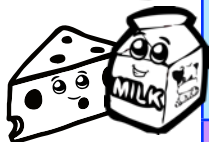
Grains
look for whole grains



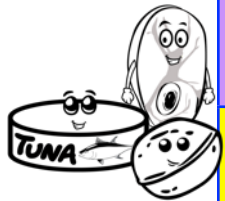
Veggies
choose different colors to eat



Fruits
Eat more fruit, make sure juice is 100% fruit



Milk - Dairy
Go low fat or fat free



Meat/ Beans
try some fish and nuts

Color your star when complete

