



HEALTHY FOOD CHECKLIST

A motivating checklist to help your family eat more grains, fruits, vegetables, dairy/soy and/or protein each day.

Type of Food To Eat Each Day		M	T	W	T	F	S	S
Grains	1							
	2							
	3							
	4							
Fruit	1							
	2							
	3							
	4							
Vegetables	1							
	2							
	3							
	4							
Dairy/Soy	1							
	2							
	3							
	4							
Protein	1							
	2							
	3							
	4							
Notes								

