



I'm an Eat Smart Kid:

I eat foods from all the food groups



# Track your Food Today

Write in the DATE:



Write in the foods you eat each day	Breakfast	Snack 1	Lunch	Dinner	Snack 2	Activity	Other foods
<b>Grains</b> look for whole grains							
<b>Veggies</b> choose different colors to eat							
<b>Fruits</b> Eat more fruit, make sure juice is 100% fruit							
<b>Milk - Dairy</b> Go low fat or fat free							
<b>Meat/ Beans</b> try some fish and nuts							
<b>Color your star when complete</b>	☆	☆	☆	☆	☆	☆	☆

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