

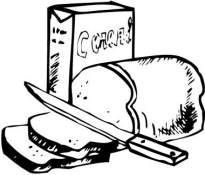
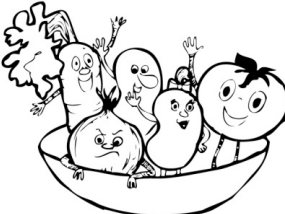












I'm an Eat Smart Kid:

I eat foods from all the food groups



Weekly Meal Sheet

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Write in the foods you eat each day							
 <p>Grains look for whole grains</p>							
 <p>Veggies choose different colors to eat</p>							
 <p>Fruits Eat more fruit, make sure juice is 100% fruit</p>							
 <p>Milk - Dairy Go low fat or fat free</p>							
 <p>Meat/ Beans try some fish and nuts</p>							
<p>Don't forget to Move It</p>							

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