|  |  |  |  |
| --- | --- | --- | --- |
| Breakfast | Item | Food score | Comments |
| 3 oz. Meat/Protein |  |  |  |
| Whole Grain |  |  |  |
| 1 Cup Vegetables |  |  |  |
| Fruit |  |  |  |
| Milk/Dairy |  |  |  |
| lunch | Item | Food score | Comments |
| 3 oz. Meat/Protein |  |  |  |
| Whole Grain |  |  |  |
| 1 Cup Vegetables |  |  |  |
| Fruit |  |  |  |
| Milk/Dairy |  |  |  |
| dinner | Item | Food score | Comments |
| 3 oz. Meat/Protein |  |  |  |
| Whole Grain |  |  |  |
| 1 Cup Vegetables |  |  |  |
| Fruit |  |  |  |
| Milk/Dairy |  |  |  |

Try to make your meal count every day by choosing foods from each category. Remember—Shoot for 5!