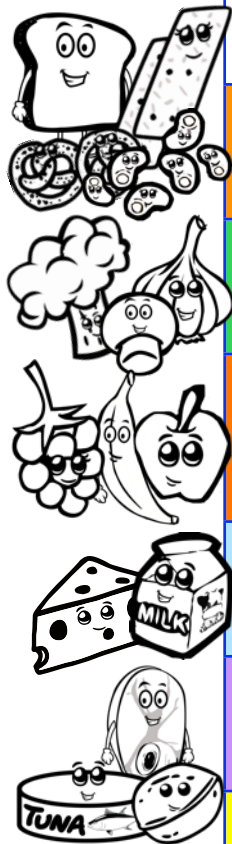


# Weekly Meal Sheet



I'm an Eat-Smart Kid!

I eat foods from all the food groups



Write in the foods you eat each day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>Don't forget to Move It</b>							

