

Operation Better Start

“Eat Your Way to Health”

Use this chart to help you keep track of the foods you eat. Mark an “X” in the correct box for each serving of food you eat during the day. The minimum recommended number of servings per day are shown for each food group. If you have any empty boxes, you may be missing foods your body needs to be strong and healthy.



Monday

Grain Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - - - - -
Vegetable Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - -
Fruit Group	<input type="checkbox"/> <input type="checkbox"/> - -
Meat Group	<input type="checkbox"/> <input type="checkbox"/> -
Milk Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Other	- - - -

Tuesday

Grain Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - - - - -
Vegetable group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - -
Fruit Group	<input type="checkbox"/> <input type="checkbox"/> - -
Meat Group	<input type="checkbox"/> <input type="checkbox"/> -
Milk Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Other	- - - -

Wednesday

Grain Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - - - - -
Vegetable Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - -
Fruit Group	<input type="checkbox"/> <input type="checkbox"/> - -
Meat Group	<input type="checkbox"/> <input type="checkbox"/> -
Milk Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Other	- - - -

Thursday

Grain Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - - - - -
Vegetable Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - -
Fruit Group	<input type="checkbox"/> <input type="checkbox"/> - -
Meat Group	<input type="checkbox"/> <input type="checkbox"/> -
Milk Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Other	- - - -

Friday

Grain Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - - - - -
Vegetable Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - -
Fruit Group	<input type="checkbox"/> <input type="checkbox"/> - -
Meat Group	<input type="checkbox"/> <input type="checkbox"/> -
Milk Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Other	- - - -

Saturday

Grain Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - - - - -
Vegetable Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - -
Fruit Group	<input type="checkbox"/> <input type="checkbox"/> - -
Meat Group	<input type="checkbox"/> <input type="checkbox"/> -
Milk Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Other	- - - -

Sunday

Grain Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - - - - -
Vegetable Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - -
Fruit Group	<input type="checkbox"/> <input type="checkbox"/> - -
Meat Group	<input type="checkbox"/> <input type="checkbox"/> -
Milk Group	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Other	- - - -



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