



Nutrition Checklist – Daily Servings

Each different color foods contains unique health components that are essential to our health. Starting at age one, your little ones can help check off the “colors” they eat throughout the day. This will encourage healthy eating while ensuring optimal nutrition.

Fruit

Eat 2-3 ¼-Cup Servings



Vegetables

Eat 2-3 ¼ -Cup Servings



Whole Grains

Eat 3 -4 ½ Cup Servings



Dairy

Eat 3-4 ½ Cup Servings



Protein

Eat 1-2 2oz. Servings

