



Healthy Eating Tracker

M o n	 Eat green, red, or orange veg	 Choose whole grain cereal	 Drink fat free or low fat milk	 Peas or beans at least once	 Water instead of juice/soda	 Eat fruit for dessert	
T u e	 Eat green, red, or orange veg	 Choose whole grain cereal	 Drink fat free or low fat milk	 Peas or beans at least once	 Water instead of juice/soda	 Eat fruit for dessert	
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