



# Small Steps to Healthier Eating Challenge

## Tracking Sheet

**Directions:** Fill in or check a box every time you enjoy a serving in a food group. Try to complete as many boxes as you can!

Daily Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 cups of <u>vegetables</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 cup of <u>fruit</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 <u>whole grain</u> choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 healthier <u>protein</u> choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Recommendations	
<b>Vegetables</b>	2.5 cups per day
<b>Fruit</b>	2 cups per day
<b>Grains</b>	Make at least ½ whole grain
<b>Protein</b>	Choose healthier protein sources

Healthy Eating Resources
<a href="#">Working for a Healthier Tennessee Recipes</a>
<a href="#">What Do Serving Sizes Look Like? (30-second video)</a>
<a href="#">Serving Size Comparison Chart</a>



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