

Checkup: check off your dailies

Vegetables

21/2 CUPS

1 c = 2 c salad greens, 1 c cooked,medium potato, 3 broccoli spears

Fruits 2 CUPS

 $1 c = \frac{1}{2} c dried$, 8-inch banana, small apple, 32 grapes, 8 strawberries, 1 c juice

Protein

51/2 OUNCES

1 oz = 1 oz meat, poultry or fish, 1 egg, 1 T nut butter, 12 almonds, 7 walnut halves, ¼ c beans, 2 T hummus, ¼ c tofu

Dairu 3 CUPS

1 c = 1 c milk or yogurt, 4 cheese cubes,1/3 c shredded, 2 slices processed cheese, 2 c cottage cheese

Grains

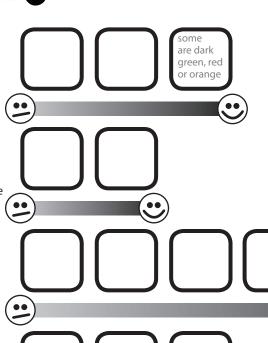
6 OUNCES

1 oz = 1 slice bread, 1 c dry cereal, $\frac{1}{2}$ c cooked cereal, rice or pasta, 6" tortilla, 5 whole-grain crackers, 2½" muffin, half English muffin, 3 c popcorn

Soul Food

smile about those you did

note to self: make yourself a priority so you can be present for others



On the Move

30 minutes per day plus 2 strength training sessions per week



So...how was your day?

what did you eat? what did you do?

		includes fish and beans
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time in nature

moment

with others something

someone

for what they add to your life

gifts with others