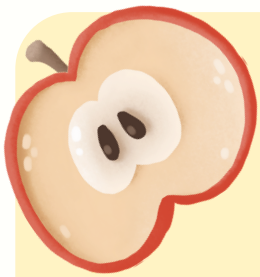
MAKING HEALTHY CHOICES



Fruit

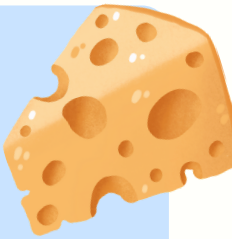
3-5 servings

1 1/2-2 1/2 cups

☐ ☐ ☐ ☐ ☐

Dairy

2-3 servings



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Vegetables

3-5 servings

1 1/2-2 1/2 cups

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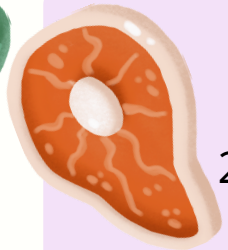

Protein

2-3 servings

☐ ☐ ☐

Grains

3-6 servings

3-6 ounces

☐ ☐ ☐ ☐ ☐

Vitamin

1

☐

Water

6-8 cups

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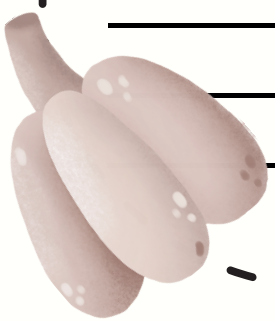
MY GROCERY LIST

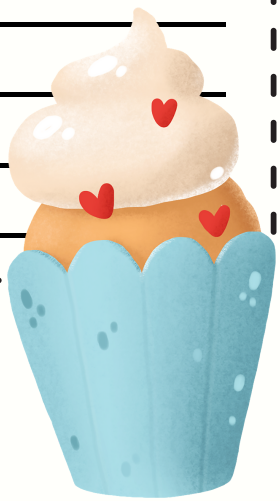
Fruit

Protein

Vegetables



Grains



Dairy

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