NUTRIENT-DENSE FOODS CHECKLIST



HOW DO I USE THIS?

DAIRY

FRUIT

VEGETABLES

WHOLE GRAINS

PROTEIN

WATER

DAIRY

FRUIT

MOVEMENT

VEGETABLES

WHOLE GRAINS

PROTEIN

WATER

MOVEMENT

This checklist is meant to help you understand your current whole foods intake before and after starting the challenge. It may help you see more opportunities where you could include whole foods in your current eating patterns. The boxes indicate number of servings; the shaded boxes are the recommended number of daily servings for each of the food groups. You can check boxes based on how many servings you ate that day. While water and movement are not necessarily whole foods, they are equally as important to your overall wellbeing.

DAIRY

	FRUIT
g)	VEGETABLES
ful of nuts/seeds, 2 cup beans	PROTEIN
l), 1 slice	WHOLE GRAINS
	WATER
king, gardening, gym, etc.)	MOVEMENT
	DAIRY
	FRUIT
	VEGETABLES
	PROTEIN
	WHOLE GRAINS
	WATER
	MOVEMENT
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	DAIRY
	FRUIT
	VEGETABLES
	PROTEIN
	WHOLE GRAINS
	WATER
	MOVEMENT

SERVING SIZES

DAIRY • 1 cup liquid, 2 oz cheese FRUIT • 1 small piece, 1/2 cup

VEGETABLES • 1 cup (before cookin

PROTEIN • 3 oz meat, 4 oz fish, hand egg, 1 tbsp nut butter, 1/2

WHOLE GRAINS • 1/2 cup (prepared

WATER • 8 oz.

DAIRY

FRUIT

VEGETABLES

WHOLE GRAINS

PROTEIN

WATER

DAIRY

FRUIT

PROTEIN

WATER

MOVEMENT

MOVEMENT

VEGETABLES

WHOLE GRAINS

MOVEMENT • 15 minutes (yoga, wall playing with children,