



WORKING FOR A HEALTHIER TN



Small Steps to Healthier Eating Challenge

Tracking Sheet

Name _____ Department _____

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

Small Steps 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	
Vegetables	2.5 cups per day
Fruit	2 cups per day
Grains	Make at least ½ whole grain
Protein	Choose healthier protein sources

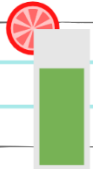
"1 CUP" OF VEGETABLES IS



2 cups
Green Leafy
(spinach, kale, etc.)

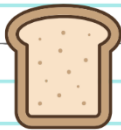


1 cup
Fresh, Frozen, Canned



1/2 cup
Vegetable Juice

WHOLE GRAINS



-Whole Wheat/Whole Grain:
Bread, Pasta, Crackers,
Tortillas, Cereal



-Oatmeal
-Brown rice

-Quinoa



-Barley
-Bulgur
-Popcorn

"1 CUP" OF FRUIT IS...



One medium fruit
(About the size of your
fist)



1 cup of
Fresh, Frozen, Canned



1/2 cup of
Dried



1 cup of
Fruit Juice

HEALTHIER PROTEINS



-Fish

-Beans

-Chicken



-Turkey

-Eggs



-Nuts/Seeds

-Tofu