**NUTRITION CHECK LIST**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| GROUP | Servings | #1 | #2 | #3 | #4 | #5 | #6 | #7 |
| Starches/Whole Grains  1 serving = 15g carb ~ ½ cup  (brown rice, pasta/bread, sweet potatoes, beans, oats, quinoa) |  |  |  |  |  |  |  |  |
| Lean Meats  1 serving = 3oz  (fish/seafood, white meat poultry, lean beef, pork, eggs, greek yogurt, tofu) |  |  |  |  |  |  |  |  |
| Fruits  1 serving = 15g carb  (1 cup berries or melon, ½ cup pineapple or mango, 1 whole apple/pear/orange, ½ banana) |  |  |  |  |  |  |  |  |
| Vegetables  1 serving = 1 cup raw or  ½ cup cooked  (carrots, celery, cucumber, artichokes, spinach, kale, tomato, etc) |  |  |  |  |  |  |  |  |
| Dairy  1 serving = 1oz low fat cheese, 3oz yogurt, 8oz skim or 1% milk |  |  |  |  |  |  |  |  |
| Healthy Fats  1 serving = 5g fat, 1 tsp of oil, 2 tbsp of nuts/seeds/avocado |  |  |  |  |  |  |  |  |
| Discretional Calories  1 serving = 100 calories  Alcohol, Process foods,  High sugar or fat foods |  |  |  |  |  |  |  |  |