**NUTRITION CHECK LIST**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| GROUP | Servings | #1 | #2 | #3 | #4 | #5 | #6 | #7 |
| Starches/Whole Grains1 serving = 15g carb ~ ½ cup(brown rice, pasta/bread, sweet potatoes, beans, oats, quinoa) |  |  |  |  |  |  |  |  |
| Lean Meats1 serving = 3oz(fish/seafood, white meat poultry, lean beef, pork, eggs, greek yogurt, tofu) |  |  |  |  |  |  |  |  |
| Fruits1 serving = 15g carb(1 cup berries or melon, ½ cup pineapple or mango, 1 whole apple/pear/orange, ½ banana) |  |  |  |  |  |  |  |  |
| Vegetables1 serving = 1 cup raw or ½ cup cooked(carrots, celery, cucumber, artichokes, spinach, kale, tomato, etc) |  |  |  |  |  |  |  |  |
| Dairy1 serving = 1oz low fat cheese, 3oz yogurt, 8oz skim or 1% milk |  |  |  |  |  |  |  |  |
| Healthy Fats1 serving = 5g fat, 1 tsp of oil, 2 tbsp of nuts/seeds/avocado |  |  |  |  |  |  |  |  |
| Discretional Calories1 serving = 100 caloriesAlcohol, Process foods,High sugar or fat foods |  |  |  |  |  |  |  |  |