

Checkup: check off your dailies

Vegetables

2½ CUPS

1 c = 2 c salad greens, 1 c cooked, medium potato, 3 broccoli spears

some are dark green, red or orange

On the Move

30 minutes per day plus 2 strength training sessions per week

made your heart pound

Fruits

2 CUPS

1 c = ½ c dried, 8-inch banana, small apple, 32 grapes, 8 strawberries, 1 c juice

So...how was your day?

what did you eat? what did you do?

Protein

5½ OUNCES

1 oz = 1 oz meat, poultry or fish, 1 egg, 1 T nut butter, 12 almonds, 7 walnut halves, ¼ c beans, 2 T hummus, ¼ c tofu

includes fish and beans

Dairy

3 CUPS

1 c = 1 c milk or yogurt, 4 cheese cubes, ⅓ c shredded, 2 slices processed cheese, 2 c cottage cheese

Grains

6 OUNCES

1 oz = 1 slice bread, 1 c dry cereal, ½ c cooked cereal, rice or pasta, 6" tortilla, 5 whole-grain crackers, 2½" muffin, half English muffin, 3 c popcorn

at least half are whole grains

Soul Food

smile about those you did

note to self: make yourself a priority so you can be present for others

laugh appreciate what you have spend time in nature enjoy the moment connect with others seek something new give some time tell someone how grateful... ...you are for what they add to your life share your gifts with others