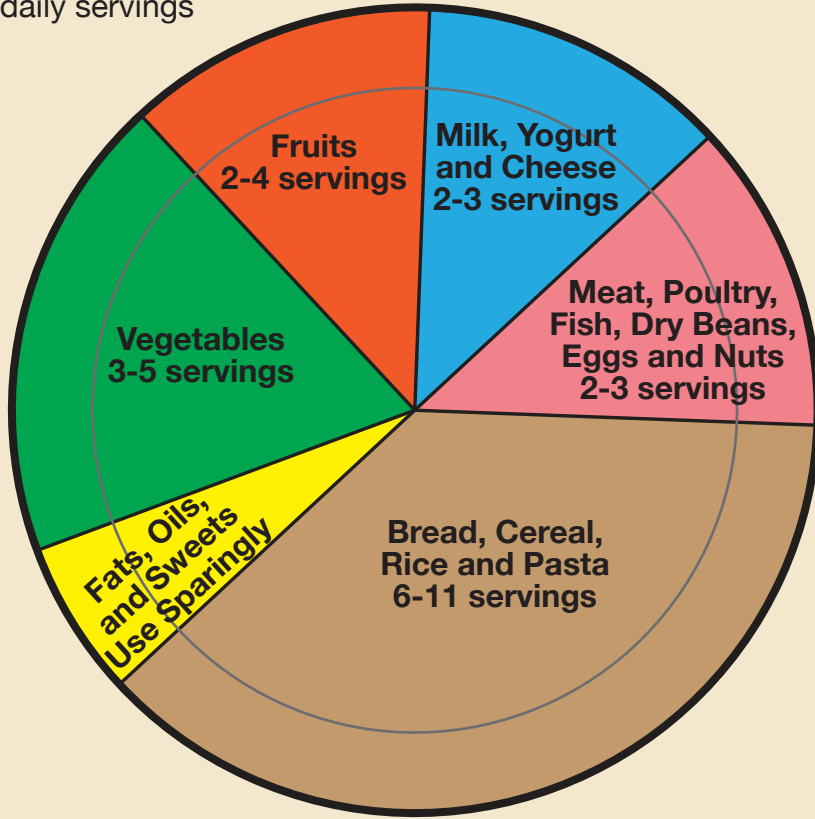
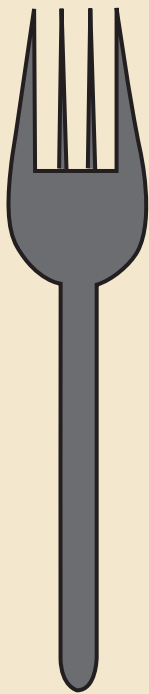


Daily Dining

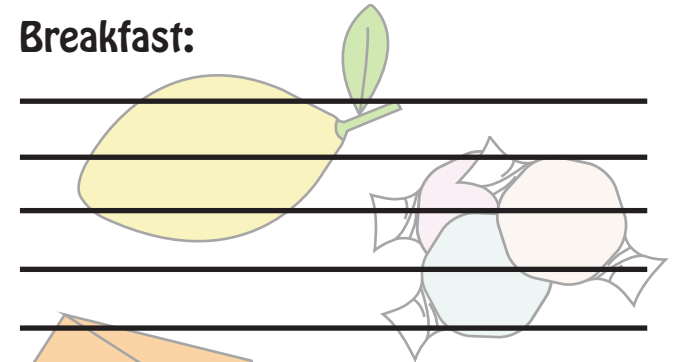
*Suggested daily servings



Today's Menu

Use the suggested serving sizes and the list of your favorite foods to plan a healthy menu!

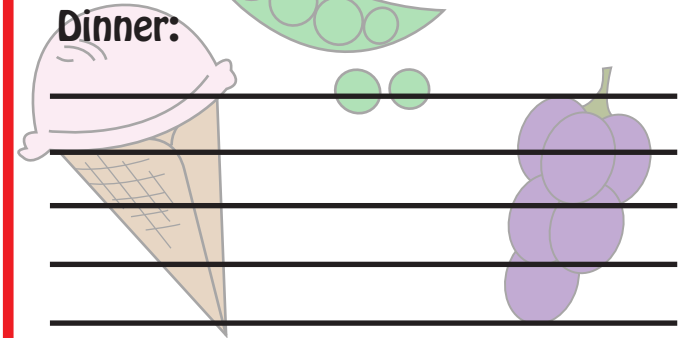
Breakfast:



Lunch:



Dinner:



What are some of your favorite foods in each category?

Vegetables:	Fruits:	Milk:	Meat:	Bread:	Sweets:
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____