

# Make Healthy Changes to Your Diet

## Eat More Fruits & Vegetables

Foods I Ate  
Yesterday

Foods I Chose  
To Eat Today

Breakfast

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Lunch

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Dinner

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Snacks

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UNIVERSITY OF ILLINOIS  
**EXTENSION**  
FAMILY NUTRITION PROGRAM  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

University of Illinois \* United States Department of Agriculture  
\* Local Extension Councils Cooperating  
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