

Make Healthy Changes to Your Diet

Eat More Fruits & Vegetables

Foods I Ate
Yesterday

Foods I Chose
To Eat Today

Breakfast

Lunch

Dinner

Snacks



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
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.