NUTRIENT-DENSE FOODS CHECKLIST



HOW DO I USE THIS?

This checklist is meant to help you understand your current whole foods intake before and after starting the challenge. It may help you see more opportunities where you could include whole foods in your current eating patterns. The boxes indicate number of servings; the shaded boxes are the recommended number of daily servings for each of the food groups. You can check boxes based on how many servings you ate that day. While water and movement are not necessarily whole foods, they are equally as important to your overall wellbeing.

SERVING SIZES-

DAIRY • 1 cup liquid, 2 oz cheese

FRUIT- 1 small piece, 1/2 cup

VEGETABLES- 1 cup (before cooking)

PROTEIN- 3 oz meat, 4 oz fish, handful of nuts/seeds,

egg, 1 tbsp nut butter, 1/2 cup beans

WHOLE GRAINS- 1/2 cup (prepared), 1 slice

WATER- 8 oz

MOVEMENT- 15 minutes (yoga, walking, gardening, playing with children, gym, etc.)

DAIRY	
FRUIT	
VEGETABLES	
PROTIEN	
WHOLE GRAINS	
WATER	
MOVEMENT	

FRUIT	DAIRY	DAIRY
VEGETABLES	VEGETABLES	VEGETABLES
PROTIEN	PROTIEN	PROTIEN
WHOLE GRAINS	WHOLE GRAINS	WHOLE GRAINS
WATER	WATER	WATER
MOVEMENT	MOVEMENT	MOVEMENT
DAIRY	DAIRY	DAIRY
DAIRY	DAIRY	DAIRY
FRUIT	FRUIT	FRUIT
FRUIT	FRUIT	FRUIT
FRUIT	FRUIT	FRUIT