Nutrient-dense Foods Checklist

HOW DO I USE THIS?

This checklist is meant to help you understand your current food intake baseline to help identify areas where you may be able to incorporate more whole foods in your diet.

The boxes indicate number of servings; the shaded boxes are the recommended number of daily servings for each of the food groups. During the assessment phase of the challenge, you can check a box for each serving you achieve for the food group. The ultimate goal is to make as many of these servings as possible whole foods. We added water and exercise to the list because they are crucial to your holistic health!

After the initial assessment, this is a great tool to use for tracking your whole food intake on an ongoing basis.

DAIRY 1 cup liquid, 2 oz cheese										DAIRY 1 cup liquid, 2 oz cheese								
FRUIT 1 small piece, ½ cup				Π	Π				•	FRUIT 1 small piece, ½ cup				Π	Π	Π	Π	
VEGETABLES 1 cup (before cooking)	Π	Π	Π	Π	Π	П		П	•	VEGETABLES 1 cup (before cooking)		Π	Π	Π	Ē	п	п	П
PROTEIN 3 oz meat, 4 oz f	•	PROTEIN 3 oz meat, 4 oz fish, handful of nuts/seeds, egg																
1 tbsp nut butter, ½ cup beans		anurui	. Of fite	its/see	us, eg	g				1 tbsp nut butter, ½ cup bean		anuru		its/see	us, eg	g		-
i tosp nut butter, 72 cup beans										T tosp nut butter, 72 cup bean	.5							
WHOLE GRAINS ¹ / ₂ cup (prepared), 1 slice									•	WHOLE GRAINS ¹ / ₂ cup (prepared), 1 slice								
WATER 8 oz									•	WATER 8 oz								
EXERCISE 15 min									•	EXERCISE 15 min								
															• •			
DAIRY 1 cup liquid, 2 oz cheese									•	DAIRY 1 cup liquid, 2 oz cheese								
FRUIT 1 small piece, ¹ / ₂ cup									•	FRUIT 1 small piece, ½ cup								
VEGETABLES 1 cup (before cooking)									•	VEGETABLES 1 cup (before cooking)								
PROTEIN 3 oz meat, 4 oz fish, handful of nuts/seeds, egg									•	PROTEIN 3 oz meat, 4 oz	z fish, h	andful	l of nu	its/see	ds, eg	g		
1 tbsp nut butter, ½ cup beans										1 tbsp nut butter, ½ cup beam	S							
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EXERCISE 15 min									•	EXERCISE 15 min								
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FOOD MEDICINE