

St. Peter's Health
LIFESTYLE MEDICINE

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.

DAIRY • 1 cup milk or yogurt, 1½ oz hard 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	☒	☒	☒	☐	☐	☐	☐
PROTEIN	☒	☒	☒	☒	☐	☐	☐
WHOLE GRAINS	☒	☒	☒	☒	☒	☐	☐
WATER	☒	☒	☒	☒	☒	☒	☒
Movement	☒	☒	☐	☐	☐	☐	☐

DAIRY	☒	☒	☒	☐	☐	☐	☐
FRUIT	☒	☒	☒	☐	☐	☐	☐
VEGETABLES	☒	☒	☒	☐	☐	☐	☐
PROTEIN	☒	☒	☒	☒	☐	☐	☐
WHOLE GRAINS	☒	☒	☒	☒	☒	☐	☐
WATER	☒	☒	☒	☒	☒	☒	☒
MOVEMENT	☒	☒	☐	☐	☐	☐	☐

DAIRY							
FRUIT							
VEGETABLES							
PROTEIN							
WHOLE GRAINS							
WATER							
MOVEMENT							

DAIRY	☒	☒	☒	☐	☐	☐	☐
FRUIT	☒	☒	☒	☐	☐	☐	☐
VEGETABLES	☒	☒	☒	☐	☐	☐	☐
PROTEIN	☒	☒	☒	☒	☐	☐	☐
WHOLE GRAINS	☒	☒	☒	☒	☒	☐	☐
WATER	☒	☒	☒	☒	☒	☒	☒
MOVEMENT	☒	☒	☐	☐	☐	☐	☐

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●	DAIRY							
■	FRUIT							
●	VEGETABLES							
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■	WHOLE GRAINS							
●	WATER							
●	MOVEMENT							

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