

AVERAGE DAILY FOOD GROUP INTAKE



$$\triangle 2 + \square 3 + \circ 3 + \square 4 + \text{octagon } 5 = \text{heart } 1$$

2

MEAT GROUP SERVINGS

3

FRUIT GROUP SERVINGS

3

DAIRY GROUP SERVINGS

4

VEGETABLE GROUP SERVINGS

5

GRAIN GROUP SERVINGS



1

BALANCED DAY