

Used healthy oils such as Avocado or Extra Virgin Olive	1 cup milk alternative	1/2 cup cooked brown rice or whole wheat pasta	Red vegetable	Cruciferous vegetable
1 cup raw or cooked vegetables	Seasonal vegetable	Limited sodium intake	1 cup of 100% fruit juice	Orange vegetable
Root vegetable	White vegetable	FREE	1 cup of fresh fruit	2 cups of salad greens
4-6 ounces of lean protein	Roasted or grilled vegetable	Blue/purple vegetable	1/4 cup of cooked beans/lentils	Dark leafy greens
1/2 ounce of nuts or seeds	1 cup of low-fat or fat free dairy	Made a healthy smoothie/juice	Yellow vegetable	1 slice of whole grain bread

White vegetable	1 cup of 100% fruit juice	Red vegetable	1 cup raw or cooked vegetables	Limited sodium intake
1/2 cup cooked brown rice or whole wheat pasta	Yellow vegetable	Cruciferous vegetable	1 cup of low-fat or fat free dairy	Orange vegetable
4-6 ounces of lean protein	1 cup of fresh fruit	FREE	2 cups of salad greens	1 cup milk alternative
1/4 cup of cooked beans/lentils	Made a healthy smoothie/juice	Used healthy oils such as Avocado or Extra Virgin Olive	1 slice of whole grain bread	Roasted or grilled vegetable
Blue/purple vegetable	Dark leafy greens	Root vegetable	Seasonal vegetable	1/2 ounce of nuts or seeds

1 cup of low-fat or fat free dairy	Made a healthy smoothie/juice	1 cup of 100% fruit juice	Dark leafy greens	1 cup of fresh fruit
Used healthy oils such as Avocado or Extra Virgin Olive	4-6 ounces of lean protein	Blue/purple vegetable	Seasonal vegetable	Cruciferous vegetable
Root vegetable	1 slice of whole grain bread	FREE	Roasted or grilled vegetable	1/4 cup of cooked beans/lentils
White vegetable	Orange vegetable	Red vegetable	Yellow vegetable	1/2 cup cooked brown rice or whole wheat pasta
2 cups of salad greens	1 cup milk alternative	Limited sodium intake	1 cup raw or cooked vegetables	1/2 ounce of nuts or seeds