






































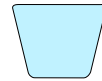




# I Ate My 5 Food Groups

Daily	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	My Rewards
Fruit 2-4 Servings								
Vegetables 4-9 Servings								
Grains 3-7 servings								
Dairy 2-3 Servings								
Meat, Fish, Beans, Eggs, Nuts 2-3 Servings								
Sky Juice (Water)								

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