

# DAILY JOURNAL

Fuel up everyday like it's game day!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																																				
<b>HEALTHY EATING</b>																																																																																																									
BREAKFAST	<table border="1"> <tr><td>DAIRY</td><td>FRUIT</td><td>VEGETABLES</td><td>GRAINS</td><td>PROTEIN</td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> </table>	DAIRY	FRUIT	VEGETABLES	GRAINS	PROTEIN																<table border="1"> <tr><td>DAIRY</td><td>FRUIT</td><td>VEGETABLES</td><td>GRAINS</td><td>PROTEIN</td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> </table>	DAIRY	FRUIT	VEGETABLES	GRAINS	PROTEIN																<table border="1"> <tr><td>DAIRY</td><td>FRUIT</td><td>VEGETABLES</td><td>GRAINS</td><td>PROTEIN</td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> </table>	DAIRY	FRUIT	VEGETABLES	GRAINS	PROTEIN																<table border="1"> <tr><td>DAIRY</td><td>FRUIT</td><td>VEGETABLES</td><td>GRAINS</td><td>PROTEIN</td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> </table>	DAIRY	FRUIT	VEGETABLES	GRAINS	PROTEIN																<table border="1"> <tr><td>DAIRY</td><td>FRUIT</td><td>VEGETABLES</td><td>GRAINS</td><td>PROTEIN</td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td></tr> </table>	DAIRY	FRUIT	VEGETABLES	GRAINS	PROTEIN															
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How were you active each day?																																																																																																									
Aim for 60 minutes																																																																																																									



RECOMMENDED FOOD INTAKE	5-8 YEAR OLDS		9-13 YEAR OLDS		14-18 YEAR OLDS	
	Girls	Boys	Girls	Boys	Girls	Boys
DAIRY (Cups)	2.5	2.5	3	3	3	3
VEGETABLES (Cups)	1.5-2.5	1.5-2.5	1.5-3	2-3.5	2.5-3	2.5-4
FRUIT (Cups)	1-1.5	1-2	1.5-2	1.5-2	1.5-2	2-2.5
GRAINS (oz.)	4-6	4-6	5-7	5-9	6-8	6-10
PROTEIN (oz.)	3-5	3-5.5	4-6	5-6.5	5-6.5	5.5-7

Based on the 2020-2025 Dietary Guidelines for Americans.