**Eat for Health – Weekly Checklist**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Food Group**  Number of Serves  Check your Program Book for serving sizes | **What you need to eat EVERYDAY**  Use the boxes to keep a count and help you keep on track | | | | | | |
| **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Wholegrains**  3-6 serves |  |  |  |  |  |  |  |
| **Vegetables**  5-6 serves |  |  |  |  |  |  |  |
| **Fruit**  2-3 serves |  |  |  |  |  |  |  |
| **Olive Oil**  4 tbsp’s |  |  |  |  |  |  |  |
| **Nuts**  30g |  |  |  |  |  |  |  |
| **Water**  1.5-2L |  |  |  |  |  |  |  |
| **Dairy**  2-3 serves |  |  |  |  |  |  |  |
| **What you need to eat each WEEK** | | | | | | | |
| **Legumes**  3-4 serves |  |  |  |  |  |  |  |
| **Fish**  3-4 Serves |  |  |  |  |  |  |  |
| **Lean red meat**  Only 1-2 serves |  |  |  |  |  |  |  |
| **Aim for Variety**  **Lots of different colours, both raw & cooked** | | | | | | | |