**Eat for Health – Weekly Checklist**

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| **Food Group**Number of ServesCheck 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** |