

FEEDING

BYTES



Use the checklist below to analyze your food record.

I served:

- Foods with a high fiber content daily
- Iron rich food twice daily
- Whole grain 50% of time (or more)
- Beans and lentils at least 2 times a week
- Dairy or equivalent - 2-3 servings daily
- Fruit and/or vegetable at each meal and snack
- Fish 2 times a week
- Foods with different levels of fat at meals (not all high, not all low)
- At least 2 food groups for snacks
- At least 3 food groups for meals

Homework

Please choose one nutritional goal from above or come up with your own:

Goal: _____

List three steps you can take to help you reach this goal:

1. _____
2. _____
3. _____

For example:

Goal: I will serve beans and lentils 2 times a week.

Steps:

1. I will buy canned beans to keep in my pantry for quick meals
2. I will cook dry bean and freeze them for using in the future
3. I will tests at least 1 new recipe with beans per month