

November



Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Find the fruit & veggie of the month at www.harvestofthemonth.com

Go to www.mypyramid.gov and print out your personalized food pyramid.

List as many foods as you can from each food group. Add to the list throughout the month.

Week 2

Keep track of which food groups you eat from today.

Eat at least two whole grain products today.

Week 3

Keep track of your food intake this week. Aim to eat a variety of foods from each food group.

Be sure to eat more fruits & veggies today.

Be sure to meet your MyPyramid physical activity goal for the day!

Week 4

Drink a glass of milk today (dairy, soy, rice or almond).

Ask your family what their favorite foods are from each food group.

Week 5

How many different food groups did you eat from during your Thanksgiving dinner?

Eat at least two different foods from each food group today.

Watch your intake of sweets. Aim to eat only one a day and save the rest for later!

**My Pyramid.
gov**

