



Fill in all the potatoes, fruit and vegetables you eat during Healthy Eating Week!



Healthy Eating Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Portion 1</u>							
<u>Portion 2</u>							
<u>Portion 3</u>							
<u>Portion 4</u>							
<u>Portion 5</u>							
<u>Portion 6</u>							
<u>Portion 7</u>							
<u>Total</u>							