

Nutrition Tic-Tac-Toe

Have two servings of fruit

Eat one serving of healthy fats (i.e. seafood, flax seeds, eggs, avocados)

Choose a whole grains option instead of the white flour option

Eat a lean protein source with every meal and snack

Have at least three servings of vegetables for the day

Pack your lunch for the day

Eat breakfast within two hours of waking up

Drink at least 64 ounces of water

Journal your food intake for the day

SHEET 1



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FUEL UP RIGHT!

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