

MID

id because
s we need:

Fats, oils,
sweets:
eat very little

Milk, cheese,
yogurt:
2-3 servings

Meat, fish, beans,
nuts, eggs:
2-3 servings

Vegetables:
3-5 servings

Fruit:
2-4 servings

Bread, potatoes, cereal, rice, pasta: 6-11 servings

My favourite foods are:

My worst foods are:

I am going to try and eat more of: