

# Tally Sheet



## AIM FOR FITNESS

- \_\_\_ Improving My Weight
- \_\_\_ Easy Ways To Be More Fit

## BUILD A HEALTHY BASE

- \_\_\_ Low-Fat & Filling – Grain Foods
- \_\_\_ Easy Ways To Eat More Fruits  
& Vegetables
- \_\_\_ Getting More Calcium
- \_\_\_ Keeping Germs Out Of My Food

## CHOOSE SENSIBLY

- \_\_\_ Eating Less Fat
- \_\_\_ Staying Sweet With Less Sugar
- \_\_\_ Eating Less Salt

## COOKING

- \_\_\_ Planning Low-Cost meals
- \_\_\_ Quick, Low-Cost Breakfasts
- \_\_\_ Making Meals Without A Kitchen
- \_\_\_ Making Meals For One Or Two  
People

## EATING OUT

- \_\_\_ Fast Foods Can Be Healthy
- \_\_\_ Healthy Eating On The Go

## FOOD RESOURCE MANAGEMENT

- \_\_\_ Keeping Cost Down To Leave  
Money For Food
- \_\_\_ Saving While Food Shopping
- \_\_\_ Reading Food Labels

## FOOD FOR CHILDREN

- \_\_\_ Eating Right During Pregnancy
- \_\_\_ Feeding My Baby (0-6 Months)
- \_\_\_ Starting My Baby On Food (7-12  
Months)
- \_\_\_ Feeding My Toddler (13-24 Months)
- \_\_\_ Kids Stay Smart By Lowering the Risk  
of Lead Poisoning
- \_\_\_ Fun & Easy Foods For Kids