EAT WELL, AGE WELL.
Monthly Tracking Calendar-Nuts & Seeds

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Have at least 3 servings of nuts this week.

WEEK 2: Pick out 2 different types of seeds to try.

WEEK 3: Add chia seeds to applesauce, yogurt or a smoothie.

WEEK 4: Add nuts or seeds to a recipe this week.

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!