

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Anthocyanins

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: Try one of the recipes provided in the monthly handout

WEEK 2: Have 1-2 servings of berries at least twice this week.

WEEK 3: Make a meal with vibrant colors.

WEEK 4: Try a new food that contains a high amount of anthocyanins.

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