

EAT WELL, AGE WELL.

Monthly Tracking Calendar-DASH Diet

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: CHOOSE FRUIT AS A SNACK AT LEAST 3 TIMES THIS WEEK.

WEEK 2: HAVE 3 SERVINGS OF LOW-FAT OR FAT FREE DAIRY FOODS 4 DAYS THIS WEEK.

WEEK 3: TRY A VEGETARIAN MEAL or ENTRÉE THIS WEEK.

WEEK 4: ADD AN ADDITIONAL FRUIT OR VEGGIE SERVING TO 3 MEALS THIS WEEK.