

**EAT WELL, AGE WELL.**

## **Monthly Tracking Calendar-Nutrient Dense Foods**

**RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

**WEEK 1: Have a glass of low-fat or fat-free milk along with 3 meals this week.**

**WEEK 2: Include an extra serving of veggies as a snack at least once this week.**

**WEEK 3: Have a piece of fruit with your breakfast everyday this week.**

**WEEK 4: Try out whole grain bread this week in place of white or wheat bread!**

***Complete the Weekly Challenges & record your progress throughout the month!***