

EAT WELL, AGE WELL.

Monthly Tracking Calendar-Nutrition and Arthritis

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: HAVE AT LEAST 3 SERVINGS OF LOW-FAT DAIRY EACH DAY THIS WEEK FOR ADEQUATE CALCIUM INTAKE.

WEEK 2: HAVE A SERVING OF LEAFY GREENS WITH TWO MEALS THIS WEEK FOR ADDITIONAL DIETARY CALCIUM.

WEEK 3: ENJOY A BOWL OF OATMEAL FOR BREAKFAST AT LEAST ONE TIME THIS WEEK. IT'S A GREAT SOURCE OF VITAMIN D!

WEEK 4: HAVE ONE MEAL THIS WEEK WITH FISH AS THE MAIN ENTRÉE.

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