






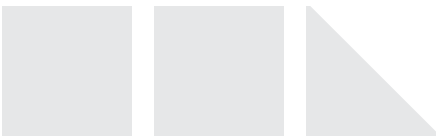

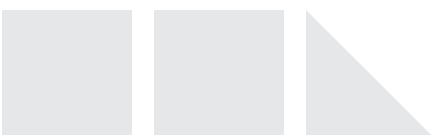


# Daily Eating Goals

## Women 19 - 50 years

Food Groups	Serves/day
Vegetables 	
Fruit 	
Grains 	
Meat 	
Dairy 	

Exercise Goal for the Day - (Aim for at least 30 minutes/day)