






# Daily Eating Goals

## Women 51 - 70 years

Food Groups	Serves/day
Vegetables 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fruit 	<input type="checkbox"/> <input type="checkbox"/>
Grains 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Meat 	<input type="checkbox"/> <input type="checkbox"/>
Dairy 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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