

Goal Sheet: Breads and Grains



Remember!

Adults and children need to eat 3 servings of high fiber foods each day.

GOAL: Serve 3 high fiber foods to my family each day

How did you do? List the high fiber foods you served each day!

	High fiber food 1	High fiber food 2	High fiber food 3
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Family solutions for serving high fiber foods:
