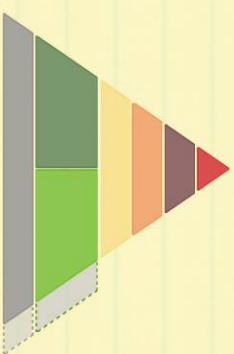




# Daily Tracker



Nourishing Hope Food Pyramid

## Growing Foods



(Protein)

3-5 servings  
[ ] [ ] [ ] [ ] [ ]

## Stay Healthy Foods



(Vegetables)

7 servings  
[ ] [ ] [ ] [ ] [ ] [ ] [ ]

## Brain Foods



(Fats)

4 - 6 servings  
[ ] [ ] [ ] [ ] [ ] [ ]

## Principles

