

CHECKLIST: WHAT I ATE TODAY

SUPPLEMENTS:

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LEAFY GREENS:

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OTHER VEGETABLES:

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FRUIT:

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HEALTHY FATS:

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PROTEINS:

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NON-GLUTEN WHOLE GRAINS:

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CULTURED/FERMENTED FOODS:

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BONE BROTH:

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This worksheet can be laminated, stuck to the refrigerator, and used daily to check off foods that the child ate, the goal being to visually prompt "putting the good stuff in". Pictures or words can be added to prompt specific foods – for example, a fish oil vitamin under supplements, coconut oil under healthy fats, or young coconut kefir (yck) under cultured foods. Older children can be rewarded for their accountability in consuming the foods that benefit their own health.