

The Med-DASH Food Group Servings Check Off Form For the Jump Start

Food Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Grains, starches, sweets None in Jump Start							
Fruits None in Jump Start							
Vegetables ½ cup cooked vegetables, 1 cup leafy greens, 1 cup raw, 6 oz vegetable	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□
Low fat dairy (preferably) 1 – 2 oz skim or low-fat milk in coffee, 6-8 oz yogurt, 1 oz cheese, ½ cup cottage cheese	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
Beans, nuts, seeds ¼ cup beans, nuts, seeds, 2 T peanut butter	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
Lean meat, fish, poultry, eggs, soy meat substitutes (after cooking) Each □ = 1 oz 1 egg = 1 oz, 2 egg whites = 1 oz	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□
Fats, fatty sauces 1 T salad dressing 1 t butter, oil	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□
Water, liquids 8 oz	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□	□□□□□□ □□□□□□
Alcohol None in Jump Start							
Exercise (each □ = 10 minutes)	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□	□□□□□ □□□□□

Grains, starches _____ Vegetables _____ Dairy _____ Fats _____
 Fruits _____ Beans, nuts _____ Lean meats _____ Fluid _____
 Alcohol _____ Exercise _____