# H\&P <br> PLANT FOOD COUNTER 

## How many plant foods am I eating?

Here is where you can add the number of different plant foods you have eaten. Start by filling in your totals from each of the different groups, then add the totals up in the square on the bottom row!

| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Veg |  |  |  |  |  |  |  |  |
| Fruit |  |  |  |  |  |  |  |  |
| Grains |  |  |  |  |  |  |  |  |
| Nuts |  |  |  |  |  |  |  |  |
| Seeds |  |  |  |  |  |  |  |  |
| Legumes |  |  |  |  |  |  |  |  |

