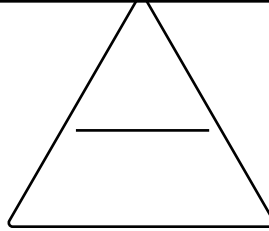


# Link and Balance Worksheet

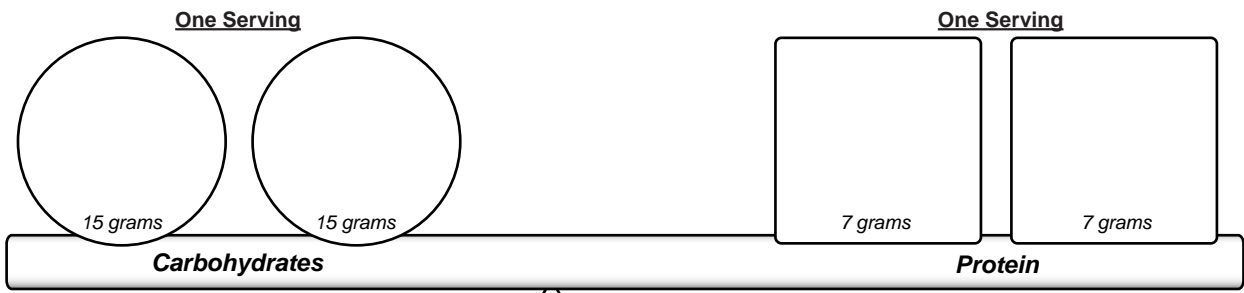


Added Vegetables and Protein:

Added Fats:

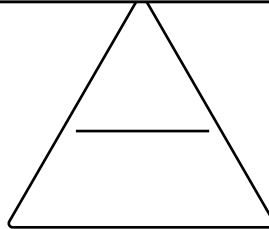


At least 2 Non-Starchy Vegetable Equivalents

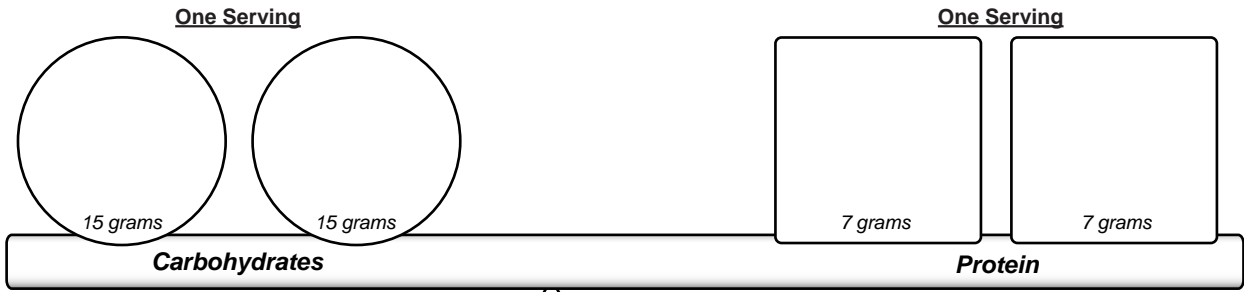


Added Vegetables and Protein:

Added Fats:

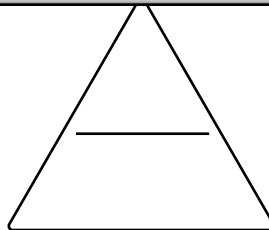


At least 2 Non-Starchy Vegetable Equivalents



Added Vegetables and Protein:

Added Fats:



At least 2 Non-Starchy Vegetable Equivalents

Non-Caffeinated Beverages (8oz):

