

Journey to Wellness — A free self-guided healthy living program

# Boost your plant intake

The choices you make at the grocery store impact your overall health. Filling your plate with foods that come from the ground may be the best diet for cancer prevention.

Try a diet that mirrors this list to feel full and get the phytochemicals and fiber your body needs:

**Fruits** 1.5 to 2.5 cups per day.

**Vegetables** 2.5 to 4 cups per day.

**Whole grains** 3 to 5 ounces per day.

**Legumes** 1.5 cups per week.

**Protein** 5 to 7 ounces per day.

**Fats** 3 to 5 servings per day.

This monthlong food tracker will help you start to develop healthier eating habits.

Information adapted from [Plant power: Using diet to lower cancer risk](#).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables
<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains
<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes
<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein
<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables
<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains
<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes
<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein
<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables
<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains
<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes
<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein
<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit	<input type="checkbox"/> Fruit
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Vegetables
<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains	<input type="checkbox"/> Whole grains
<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes	<input type="checkbox"/> Legumes
<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein	<input type="checkbox"/> Protein

Print this calendar or save it to your desktop for digital tracking.

[mayoclinichealthsystem.org/journey](https://mayoclinichealthsystem.org/journey)

