



COLOR YOUR PALATE

Fruit & Veggie Tracker



GOAL

While **5 servings** a day is the goal, it's recommended that adults consume **9 servings** of fruits & vegetables daily (see pg. 2 for the serving size guide).

RECORD

Mark your progress when you eat your fruit & veggies by checking off the boxes on the tracker.




EARN POINTS

Consume 100 servings by the end of the challenge (**2 fruit + 3 Veggie servings 5 days a week**) and earn **50 points!**

WIN PRIZES

Report your total fruit & veggie consumption in the weekly survey. Those who report their weekly total will be entered to win a prize!

AUGUST-SEPTEMBER 2018

MON	TUE	WED	THU	FRI	SAT	SUN
August!						
AVERAGE A TOTAL OF 5 SERVINGS OF FRUITS & VEGETABLES 5 DAYS OUT OF THE WEEK THROUGHOUT THE CHALLENGE!						
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17 	18	19	20	21	22	23

TOTAL FOR THE WEEK

F=FRUITS
V=VEGGIES

F=

V=

F=

V=

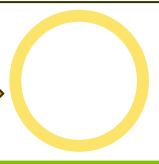
F=

V=

F=

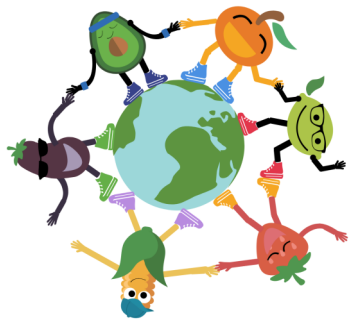
V=

PROGRAM TOTAL (OUT OF 100)



*Disclaimer: Eating fruits & veggies is necessary for great health, but be sure to ease into this program if your body is not used to having 5 to 9 servings a day. The overconsumption of fruits & veggies can cause bloating, gas, digestive problems, cramping, and loose stools.
Email: MyHealthyLifestyles@slco.org with questions!

You **DO NOT** need to turn this tracker in, it is only for your use. Also, to reduce paper-waste, download this interactive, fill-able document to your computer!



SIZING UP A SERVING?

It can be difficult to measure how much we are eating. Understanding a serving size is a great way to determine that we are eating the recommended amount of fruits and vegetables each day. We may be aware that it's recommended to eat 9 servings of fruits and vegetables each day, but what does that look like?

Look below for some easy ways to measure a serving:



1 medium fruit or veggie =



1/2 cup of canned/frozen fruit or veggies =



1 cup leafy vegetables =



1 cup of fruit or veggies =



1/2 cup of 100% Real fruit or vegetable juice =



1/2 cup of dried fruit =

