



# 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
<b>August!</b>						
AVERAGE A TOTAL OF <b>5</b> SERVINGS OF FRUITS & VEGETABLES <b>5 DAYS OUT OF THE WEEK</b> THROUGHOUT THE CHALLENGE!						
<b>20</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>21</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>22</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>23</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>24</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>25</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>26</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>September!</b>						
<b>27</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>28</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>29</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>30</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>31</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>1</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>2</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>3</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>4</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>5</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>6</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>7</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>8</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>9</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>10</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>11</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>12</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>13</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>14</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>15</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>16</b> F= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> V= <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>17</b> 	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>

**TOTAL FOR THE WEEK**

F=FRUITS  
V=VEGGIES

F=

V=

F=

V=

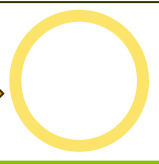
F=

V=

F=

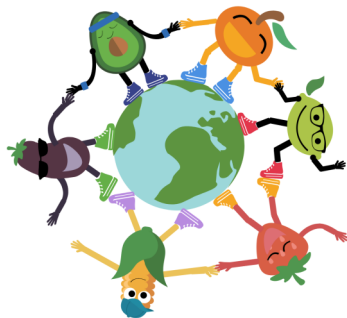
V=

**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 =

