

Fruits and Veggies "Add up" to Great Nutrition!



PRODUCE for KIDS®

What's a serving?

FRUITS

- 1/8 wedge of cantaloupe
- 16 grapes
- 1/2 cup 100% fruit juice
- 1/2 cup applesauce
- 1 small banana (less than 6" long)
- 1/4 cup raisins or other dried fruit
- 1/2 cup pineapple chunks
- 1/2 fresh apple

VEGETABLES

- 1/2 cup cooked peas
- 1/2 cup raw broccoli florets
- 1 cup fresh spinach leaves
- 1 cup fresh lettuce
- 1/2 cup baked beans
- 1/2 cup grape tomatoes
- 7-8 baby carrots
- 1 medium baked potato (about the size of your fist)

According to MyPyramid, most kids need to eat:
 1 1/2 cups (about 3 servings) of fruit
 AND
 2 1/2 cups (about 5 servings) of vegetables
 each day.

Instructions:

1. Keep track of the fruits and vegetables you eat each day.
2. For each food serving you eat, circle whether it is a fruit or a vegetable.
3. Add up your servings at the end of the day. How did you do? If you came up short, set a goal to improve tomorrow!

Each item you circle, is one serving. Add up your servings of each at the end of the day.

Sunday	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Total Fruits Eaten Today:	<input type="text"/>
	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Total Vegetables Eaten Today:	<input type="text"/>
Monday	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Total Fruits Eaten Today:	<input type="text"/>
	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Total Vegetables Eaten Today:	<input type="text"/>
Tuesday	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Total Fruits Eaten Today:	<input type="text"/>
	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Total Vegetables Eaten Today:	<input type="text"/>
Wednesday	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Total Fruits Eaten Today:	<input type="text"/>
	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Total Vegetables Eaten Today:	<input type="text"/>
Thursday	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Total Fruits Eaten Today:	<input type="text"/>
	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Total Vegetables Eaten Today:	<input type="text"/>
Friday	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Total Fruits Eaten Today:	<input type="text"/>
	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Total Vegetables Eaten Today:	<input type="text"/>
Saturday	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Total Fruits Eaten Today:	<input type="text"/>
	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Total Vegetables Eaten Today:	<input type="text"/>