

GET 5



FRUIT AND VEGGIE CHALLENGE



MONTH: _____

GET FIVE! Eating a variety of fruits and vegetables every day is good for you. The bad news is that most of us do not get eat the recommended number of servings each day. This challenge is all about encouraging you to get **FIVE** servings a day. Here's what to track below: Record what you fruit and vegetables you ate during the day, and list the number of cups for each. See the second page for a guide on servings and portion sizes.

<p>DAY 1</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 2</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 3</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 4</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 5</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 6</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 7</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>
<p>DAY 8</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 9</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 10</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 11</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 12</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 13</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 14</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>
<p>DAY 15</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 16</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 17</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 18</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 19</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 20</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 21</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>
<p>DAY 22</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 23</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 24</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 25</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 26</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 27</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 28</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>
<p>DAY 29</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 30</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>DAY 31</p> <p>Fruit & Serving: _____</p> <p>Veggie & Serving: _____</p>	<p>Source: CDC.gov</p> 			

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FRUIT AND VEGGIE CHALLENGE

MONTH: _____



FIND OUT HOW MANY FRUITS AND VEGETABLES YOU SHOULD EAT EVERY DAY:

WOMEN		
AGE	FRUITS	VEGETABLES
19-30	2 Cups	2-1/2 Cups
31-50	1-1/2 Cups	2-1/2 Cups
51+	1-1/2 Cups	2 Cups

MEN		
AGE	FRUITS	VEGETABLES
19-50	2 Cups	3 Cups
51+	2 Cups	2-1/2 Cups

GIRLS		
AGE	FRUITS	VEGETABLES
2-3	1 Cup	1 Cup
4-8	1 Cup	1-1/2 Cups
9-13	1-1/2 Cups	2 Cups
14-18	1-1/2 Cups	2-1/2 Cups

BOYS		
AGE	FRUITS	VEGETABLES
2-3	1 Cup	1 Cup
4-8	1-1/2 Cups	1-1/2 Cups
9-13	1-1/2 Cups	2-1/2 Cups
14-18	2 Cups	3 Cups

FIND OUT WHAT 1 CUP AND A 1/2 CUP EQUAL:

EACH COUNTS AS 1 CUP
1 Large Orange
1 Large Ear of Corn
1 Large Sweet Potato

EACH COUNTS AS 1/2 CUP
16 Grapes
6 Baby Carrots
4 Large Strawberries

For more examples, visit 5aday.gov

WAYS TO ADD FRUITS & VEGETABLES INTO YOUR DIET:

TIPS FOR BREAKFAST

- Add fruit to your cereal
- Top yogurt with sliced fruit or berries
- Top toasted bread with bananas and peanut butter
- Add diced tomatoes and onions to your egg or omelet

TIPS FOR SNACKS

- Grab a piece of fruit
- Choose raw veggies as an afternoon snack
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick"

TIPS FOR LUNCHES & DINNER

- Eat a big salad
- Have two vegetables with dinner and eat fruit for dessert
- Ask for less cheese and more veggie toppings on pizza: onions, mushrooms & bell peppers
- Add frozen vegetables like peas and broccoli to a casserole or pasta