

Go for 5 Fruit and Veggie Challenge

Tracking Sheet



➤ **Each day of the month, use this form to record the number of fruits and veggies consumed.**

Remember, 1 serving of fruit or veggies consumed = 1 apple on the tracking form.

- 1 serving of fruit = 1 orange, 1 apple, 1 banana, etc.
- 1 serving of veggies = 1 cup raw, ½ cup cooked

➤ **For this challenge, the goal is to consume at least 5 servings of fruits and veggies per day.**

If you achieve more, that is awesome! However, you only need to track up to 5 servings per day.

Each apple equals
1 serving



Monthly Fruit and Veggie Tracker

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Total number of fruits and veggies tracked:						

5 Easy Tips to Go for 5

If you think you need to eat more fruits and veggies, here are some tips for a healthier eating plan:

- Add fruit to breakfast cereals or smoothies.
- Snack on raw veggies.
- Dish up fruit for dessert.
- Add veggies to any pasta dish.
- Keep fruits and veggies in sight at home or work.

Note: If a condition prevents you from consuming certain foods outlined in the Go for 5 Fruit and Veggie Challenge, please consult with your physician before you begin.

Questions? Please email gethealthy@tanner.org.

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