

Track Your Intake of Fruits & Veggies, Every Day!









Because eating fruits and vegetables may reduce your risk of many diseases, Produce for Better Health Foundation recommends adding more fruits and veggies to your daily meals and snacks. This tracking sheet provides an easy way to record the number of times you eat each fruit or veggie. Record the grand total for the week in the circle below and set your goal for eating even more fruits and veggies next week!

Here are a few tips to get you started:

1. Think variety and color in planning your meals and snacks. Eating fruits and veggies in a variety of colors — red, dark green, yellow, blue, purple, white, and orange — provides a range of healthy choices for good nutrition.



















2. Consider all forms of fruits and vegetables—fresh, frozen, canned, dried, and 100% juice. With all these options, it's easier than ever to find ways to include more fruits and veggies in your day.

fruits

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other fruit

veggies

 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
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other veggie

Grand Total!

How many more would I like to try next week?

Number of times I tried fruits & veggies last week.

