

# Fruit & Veggie Eater Meter!

Are you ready to become one of the **Fruit & Veggie Color Champions™** like Yaz O'Frazz, Raoul, Big Pauly, Greta and Winonna? By trying new **fruits & veggies**, and eating the recommended amounts, you can earn certificates and rewards.

**First, let's find out how you did last week.**

In the boxes below, write the number of times you ate each fruit or veggie last week. Then write your grand total in the circle below. Remember the pictures of the **fruits & veggies** are just representations and **all forms count:**

**fresh, frozen, canned, dried and 100% juice!**

## fruits



grapefruit



strawberry



mango



kiwifruit



green grapes



apple



pineapple



orange



cranberries



peaches



bananas



watermelon



plums



avocado



blackberries



pear



blueberries

draw it here!

other fruit

## veggies



tomato



corn



leafy greens & spinach



beets



broccoli



onions



peppers



peas



asparagus



potatoes



carrots



lettuce



artichoke



mushrooms



cabbage



cauliflower



zucchini



winter squash

draw it here!

other veggie

**Grand Total!**

Number of times I tried fruits & veggies last week.

How many more would I like to try next week?



fruits & veggies  
**more matters®**  
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