

# Choose Fruits & Vegetables Every Day

*Try to eat some red fruits & vegetables this week!*

- ▶ Red Apples
- ▶ Red Grapes
- ▶ Strawberries
- ▶ Watermelon
- ▶ Red Bell Peppers
- ▶ Tomatoes
- ▶ Red Cabbage
- ▶ Red Potatoes



Red is the Color of Week 2

## Serving Sizes:

- 1 medium fruit
- 4 oz. 100% juice
- 1/4 cup dried fruit
- 1 cup leafy raw vegetable
- 1/2 cup raw or cooked vegetable
- 1/2 cup fresh, frozen or canned fruit

*Eating 5-9 servings  
of fruits & vegetables  
every day  
is recommended  
for youth and adults.*



## EAT SMART & WIN!

Week 2

Track the fruits & vegetables you eat each day. Write either the name of the fruit & vegetable or the number of servings. Add up your total servings for the day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits							
Veggies							
Total Servings							

*Eat some red fruits & vegetables this week. Check out the other side for some ideas. →*

Name \_\_\_\_\_ Goal \_\_\_\_\_