

Choose Fruits & Vegetables Every Day

Try to eat some blue/purple fruits & vegetables this week!

- ▶ Blueberries
- ▶ Purple Potatoes
- ▶ Plums
- ▶ Eggplant
- ▶ Purple Grapes
- ▶ Purple Peppers



Blue/Purple is the Color of Week 3

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 3

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 blue/purple fruits & vegetables this week. Check out the other side for some ideas. →

Name _____ Goal _____