

Choose Fruits & Vegetables Every Day

Try to eat some yellow/white fruits & vegetables this week!

- ▶ Bananas
- ▶ Pineapple
- ▶ Grapefruit
- ▶ Yellow Pears
- ▶ Sweet Potatoes
- ▶ Cauliflower
- ▶ Yellow Squash
- ▶ Mushrooms



Yellow/White is the Color of Week 5

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 5

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

Name _____ Goal _____