

Choose Fruits & Vegetables Every Day

Try to eat some orange fruits & vegetables this week!

- ▶ Apricots
- ▶ Tangerines
- ▶ Oranges
- ▶ Yams
- ▶ Pumpkin
- ▶ Carrots
- ▶ Butternut Squash



Orange is the Color of Week 6

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 6

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 orange fruits & vegetables this week. Check out the other side for some ideas. →

Name _____ Goal _____