

NAME _____

INSTRUCTIONS

A healthy goal is to eat at least 5 fruits and vegetables a day (100 servings in 20 days). Circle the servings from each color and record your total at the end of the day. Feel free to choose more fabulous fruits and vivid vegetables for even greater health benefits. Aim for fruit and vegetable choices from each color for maximum advantage.

What's a Serving?

- 1/4 cup dried fruit
- 1/2 cup fresh fruit, or raw chopped or cooked vegetables
- 15 grapes
- 3/4 cup juice
- 4 green leaves
- 7 carrot sticks
- 1 medium banana

DAY	DATE	RED	ORANGE	YELLOW/WHITE	GREEN	BLUE/VIOLET	TOTAL
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
GRAND TOTAL							

RED
Apples, beets, bell peppers, cabbage, cherries, cranberries, grapes, grapefruit, lettuce, onions, passion fruit, pears, persimmons, plantain, plums, radishes, raspberries, rhubarb, strawberries, tomatoes, watermelon.

ORANGE
Apricots, bell peppers, cantaloupe, carrots, clementines, kumquats, nectarines, oranges, papaya, peaches, squash, tangerines.

YELLOW/WHITE
Apples, bananas, bell peppers, cauliflower, cherries, corn, garlic, grapefruit, figs, lemons, mangoes, onions, parsnips, pears, pineapple, plums, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips.

GREEN
Artichoke, asparagus, avocado, beans, bell peppers, broccoli, Brussels sprouts, cabbage, celery, chard, collard greens, cucumbers, endive, grapes, honeydew, kiwi, leeks, lettuce, limes, mustard greens, okra, onions, parsley, peas, spinach, watercress.

BLUE/VIOLET
Bell peppers, blackberries, black raspberries, blueberries, cabbage, cherries, eggplant, figs, grapes, kale, kohlrabi, plums.