Track Your Fruits & Vegetables

Current Status: Fruits = _____
Vegetables = _____
Weekly Goal: Fruits = _____
Vegetables = _____
Monthly Goal: _____

Quick tips to including fruits and vegetables in your meal plan.

Making sure you get enough fruits and vegetables in your diet can help reduce your risk for heart disease and some cancers. Select fresh fruits and vegetables when in season. They are tasty and the vegetables can be cooked easily. Fresh produce may not keep as long, so choose wisely.

Other tips:

- Buy salad greens that are pre-washed, and ready to eat.
- Try pre-cut fresh fruit. This can save time and energy.
- When eating at restaurants substitute a side item of veggies or a fruit cup for french fries.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1								F / V
Week 2								F / V
Week 3								F / V
Week 4								F / V