

# FRUIT & VEGGIE

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### BREAKFAST

### LUNCH

### OTHER

### SNACK

### DINNER

<b>FRESH FRUIT</b> 	<b>FRESH VEGGIE</b> 	<b>TRY A NEW VEGGIE</b> 	<b>FRESH FRUIT</b> 	<b>ROASTED VEGGIE</b> 
<b>100% JUICE</b>  Serving size = 8 ounces	<b>CANNED FRUIT</b>  Look for canned in 100% juice if possible	<b>ADD A FRUIT OR VEGGIE TO A BAKED GOOD</b>  Banana muffins, zucchini bread, etc.	<b>FRESH VEGGIE</b> 	<b>FROZEN VEGGIE</b> 
<b>FROZEN FRUIT</b> 	<b>FRESH FRUIT</b> 	<b>1 FRUIT OR VEGGIE OF YOUR CHOICE!</b>	<b>DRIED FRUIT</b>  Serving size = 1/2 cup	<b>COOKED VEGGIE</b> 
<b>FRESH FRUIT</b> 	<b>CANNED VEGGIE</b>  Rinse canned veggies to reduce sodium	<b>MAKE A FRUIT OR VEGGIE DESSERT</b>  Avocado truffles, apple crisp, etc.	<b>FRESH FRUIT</b> 	<b>FRESH VEGGIE</b> 
<b>SMOOTHIE</b>  Try adding a veggie like avocado, pumpkin, or spinach!	<b>GREENS</b>  Serving size = 2 cups raw	<b>TRY A NEW FRUIT</b> 	<b>FRESH VEGGIE</b> 	<b>CANNED VEGGIE</b>  Look for low sodium if possible

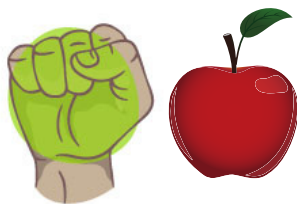
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# INSTRUCTIONS

- Cross out boxes as you eat the listed types of fruits and veggies. You do **NOT** have to eat the exact fruits or veggies pictured on the card - these are just examples to give you ideas!
- The goal is to complete all 25 boxes by the end of the week, but do as many as you can!
- Aim for eating at least **one full serving** of the listed fruit or vegetable before crossing out the box. See below for some helpful tips on what counts as a serving.
- You may **NOT** use the same dish to cross out multiple boxes in one meal. For example, frozen fruit in a smoothie cannot cross out both "Frozen Fruit" and "Smoothie" in the same breakfast.
  - However, you **MAY** use the same type of fruit or vegetable to cross out multiple boxes if eaten at different meals. For example, broccoli could count as a "Fresh Veggie" for lunch on Monday and a "Roasted Veggie" for dinner on Tuesday.

## WHAT COUNTS AS A SERVING?

- In general, one serving of fruits or veggies = **1 cup**. Below are some examples:
  - Apple - 1 cup sliced or chopped OR 1 small apple
  - Banana - 1 cup sliced OR 1 large banana
  - Broccoli - 1 cup raw or cooked, chopped or florets
  - Dried fruit - 1/2 cup
  - Spinach - 1 cup cooked OR 2 cups raw
  - Strawberries - 1 cup whole or sliced OR 8 large berries
  - Sweet potato - 1 cup sliced or mashed OR 1 large baked sweet potato
  - 100% fruit or vegetable juice - 1 cup (8 fluid ounces)
- If you don't have a measuring cup handy, use your **hands** to estimate serving sizes!



Fist = 1 cup



Cupped Hand = 1/2 cup

- Visit **MyPlate.gov** or download the "**Start Simple with MyPlate**" app for more information and to create a personalized plan!

