

Fruit & Veggie Tracker



Child's Name:

Challenge Dates:

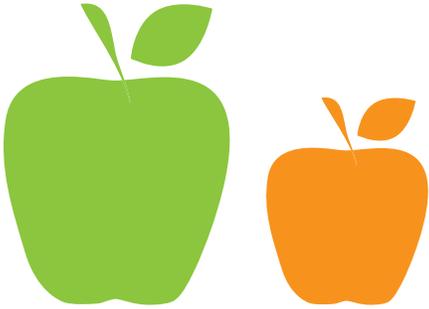
Use this log to check off each serving of fruits and vegetables your child eats every day. If it's more than 5, keep up the good work! If it's less than 5, check out our tips for how to increase the fruits and vegetables your child eats!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 st serving							
2 nd serving							
3 rd serving							
4 th serving							
5 th serving							
BONUS!							

How many fruits & vegetables did your child have this week? _____

What made it hard to get all 5 servings each day? _____

Feed the Family Five or More



Everyone, including adults, should eat at least 5 servings of fruits and vegetables a day.

However a serving size for a child is much smaller—it will fit into the palm of their hand!

Food for Thought

- Try the three-bite rule: Offer new fruits and veggies different ways and try at least 3 bites each time.
- Many fruits and veggies taste great with a low-fat dip or dressing.
- Make a fruit smoothie with low-fat yogurt.
- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods to mushy ones—try them fresh or slightly steamed.
- Take 10-15 minutes to sit down together for family meal time.
- Be a role model: try to have fruits and veggies at every meal and eat them as snacks.
- Always try to choose whole fruits over juice.

