

Fruit and Vegetable Personal Challenge!

It's easy to eat a variety of fruits and vegetables each day.

What is a Serving?

1 Serving =

1 medium-size fruit

$\frac{3}{4}$ cup (6 oz.) of 100 percent fruit or vegetable juice

$\frac{1}{2}$ cup fresh, frozen, or canned fruit in 100% juice) or vegetables

1 cup of raw leafy vegetables

$\frac{1}{2}$ cup cooked dry peas or beans

$\frac{1}{4}$ cup dried fruit

Increasing fruits and vegetables can improve my health by:

1. _____
2. _____
3. _____



What combination of fruits and vegetables can you have each day? Write a menu for yourself that includes 2 $\frac{1}{2}$ cups of vegetables and 2 cups of fruit each day.

DAYS							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SERVINGS	1 banana						
	6 oz orange juice						
	1 cup lettuce salad						
	$\frac{1}{2}$ cup frozen vegetables						
	$\frac{1}{2}$ carrot sticks						