


The BIG 10:

Fruits and Vegetables Challenge

What is a serving of fruit?

◆ 1 serving = ½ cup raw or medium piece ◆







Examples

- 1 cup chopped (watermelon, grapes, pineapple, blueberries, strawberries, canteloupe, grapefruit)
- 1 small apple 
- 1/2 medium banana 
- 1 medium pear 
- 1 large peach 
- 1/4 cup dried fruit 

What is a serving of vegetables?

◆ 1 serving = 1 cup raw or ½ cup cooked ◆

Examples

- 2 cups raw leafy greens (spinach, romaine, watercress, endive) 
- 1 cup raw or 1/2 cup cooked vegetables (broccoli florets, carrots, green beans, cauliflower, cucumbers, mushrooms, onions) 
- 1 medium sweet potato (2.5-3" diameter) 
- 2 large stalks celery 
- 1 large tomato or 1 cup tomato juice 
- 1/2 cup vegetable soup with beans/lentils 

Tips and Suggestions for working more Fruits and Veggies onto your daily routine

- Add sliced banana or berries to cereal, oatmeal, or pancakes at breakfast.
- Add fruit to unsweetned yogurt at lunch or for snacks.
- Snack on carrots, snow peas, or chopped bell pepper with/without hummus.
- Throw extra veggies into soups, casseroles, or pasta.
- Eat a side salad with lunch or dinner.
- Grab a whole piece of fruit as an on-the-go snack.
- Add spinach or kale to smoothies-- it will only change the color!
- Buy frozen fruits and vegetables if fresh goes bad too quickly.

CHALLENGE: Eat 10 servings of fruits and vegetables every day for 1 week. Mark them off on the table below. Take note of your energy levels, mood, or any changes you notice while doing this challenge!

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
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<input type="checkbox"/> 5	<input type="checkbox"/> 10	<input type="checkbox"/> 5	<input type="checkbox"/> 10	<input type="checkbox"/> 5	<input type="checkbox"/> 10	<input type="checkbox"/> 5	<input type="checkbox"/> 10	<input type="checkbox"/> 5	<input type="checkbox"/> 10	<input type="checkbox"/> 5	<input type="checkbox"/> 10	<input type="checkbox"/> 5	<input type="checkbox"/> 10