

Fruit and Veggie FOCUS - January 2016

Day		Servings of Fruits/Veggies	Bonus Points	Week's Total
M	4			
T	5			
W	6			
Th	7			
F	8			
Sa	9			
Su	10			
M	11			
T	12			
W	13			
Th	14			
F	15			
Sa	16			
Su	17			
M	18			
T	19			
W	20			
Th	21			
F	22			
Sa	23			
Su	24			
M	25			
T	26			
W	27			
Th	28			
F	29			
Sa	30			
Su	31			

*Report your totals on
Plant your Plate to win fabulous prizes!*

What counts as a serving?

1 “tennis ball” sized serving of fruit (think standard size orange, medium sized apple, 1 small banana, or a handful or berries or grapes)

1 “handful” of cooked vegetables (the amount that would fit in your cupped hand – you don’t have to actually measure them in your hand – they’re often hot you know)

1 “fistful” of raw veggies (make a fist, use that to “eyeball” the amount of raw veggies to count as 1 serving)

Juice? – sorry, doesn’t count here

Fruit snacks? – you’re kidding, right?

Current USDA guidelines measure fruit and vegetables intake recommendations in cups rather than Servings. To keep things simple here, we will count “eyeball” servings here

