GOLORFUL *** choices

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INSTRUCTIONS

A healthy goal is to eat at least 4-5 cups of fruits and vegetables a day. Circle the cups from each color and record your total at the end of the day. Feel free to choose more fabulous fruits and vivid vegetables for even greater health benefits. Aim for fruit and vegetable choices from each color for maximum advantage.

What's a cup?

- 1 cup chopped raw or cooked vegetables
- 2 cups raw leafy greens such as spinach, kale, romaine or dark green leafy lettuce, watercress, endive
- 12 baby carrots
- \bullet 2 celery stalks (11" to 12" long)
- 1 cup fresh or frozen cut up fruit
- 1 small apple (2 ¼" diameter) or large orange or peach
- \bullet 1/2 cup dried fruit
- 32 seedless grapes
- 1 banana (8" to 9" long)

Find more examples at <u>www.myplate.</u> gov/eat-healthy/what-is-myplate.

ces	}	fruit, pears, persimmons, plantain, plums, radishes, rasp- berries, rhubarb, strawberries, tomatoes,	nectarines, oranges, papaya, peaches, squash, tangerines.	mangoes, onions, parsnips, pears, pineapple, plums, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips.	collard greens, cucumbers, endive, grapes, honeydew, kiwi, leeks, lettuce, limes, mustard greens, okra, onions, parsley, peas,	grapes, kale, kohlrabi, plums.
DAY	DATE	watermelon.			spinach, watercress.	TOTAL
1		SON	000		₩ ₩ ₩	\$ \$ \$
2		XXX	000	222	\$\phi\$\phi\$	\$ \$
3		XXX	000	222	\$ \$ \$	\$ \$ \$
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13		XXX	000	222	₩ ₩ ₩	* * *
14		SOCIO	000	222	₩ ₩	* * *
						SUBTOTAL

Apples, bananas,

bell peppers,

cauliflower,

cherries, corn,

figs, lemons,

garlic, grapefruit,

Artichoke.

asparagus, avocado,

beans, bell peppers,

broccoli, Brussels

sprouts, cabbage,

celery, chard,

Bell peppers, blackberries.

blueberries.

eggplant, figs,

black raspberries,

cabbage, cherries,

Apples, beets, bell

peppers, cabbage,

grapefruit, lettuce,

cherries, cran-

berries, grapes,

onions, passion-

Apricots,

carrots,

bell peppers,

cantaloupe,

clementines,

kumquats,



GOLORFUL **Choices

NΔ	MF:			

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ces	onions, passion- fruit, pears, persimmons, plantain, plums, radishes, rasp- berries, rhubarb, strawberries, tomatoes,	kumquats, nectarines, oranges, papaya, peaches, squash, tangerines.	mangoes, onions, parsnips, pears, pineapple, plums, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips.	celery, chard, collard greens, cucumbers, endive, grapes, honeydew, kiwi, leeks, lettuce, limes, mustard greens, okra, onions, parsley, peas,	kohlrabi, plums.
DAY DATE	watermelon.			spinach, watercress.	TOTAL
15	SECTION	000		\$\pi\$ \$\pi\$\$	\$ \$ \$
16	888	000		@ @ @	* * *
17	SSS	000		\$\pi\$ \$\pi\$ \$\pi\$	\$ \$ \$
18	8 8 8	000		₩ ₩ ₩	\$ \$ \$
19	8 8 8	000	222	\$\phi\$\phi\$\phi\$	\$ \$ \$
20	XXX	000	222	₩ ₩ ₩	\$ \$ \$
21	XXX	000		₩ ₩ ₩	\$ \$ \$
22	888	000		₩ ₩	* * *
23	888	000	222	₩ ₩ ₩	\$ \$ \$
24	888	000	222	@ @ @	\$ \$ \$
25	XXX	000	222	~ ~ ~	\$ \$ \$
26	888	000	222	@ @ @	\$ \$ \$
27	888	000	222	@ @ @	\$ \$ \$
28	888	000	222	~ ~ ~	\$ \$ \$
	<u> </u>	<u> </u>	_		GRAND TOTAL

Apples, bananas,

bell peppers,

cherries, corn,

garlic, grapefruit,

cauliflower,

fins lemons

Artichoke.

asparagus, avocado,

beans, bell peppers,

broccoli, Brussels

sprouts, cabbage,

celery chard

Bell peppers,

blackberries.

blueberries.

eganlant figs

black raspberries,

cabbage, cherries,

Apples, beets, bell

peppers, cabbage,

grapefruit, lettuce,

cherries, cran-

berries, grapes,

onions passion-

Apricots,

carrots,

bell peppers,

cantaloupe,

clementines.

kumquats



GRAND TOTAL