

COLORFUL



choices

NAME: _____

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
- 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
- 1/2 cup dried fruit
- 32 seedless grapes
- 1 banana (8" to 9" long)

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

DAY	DATE	RED	ORANGE	YELLOW/WHITE	GREEN	BLUE/VIOLET	TOTAL
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
						SUBTOTAL	

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DAY	DATE	RED	ORANGE	YELLOW/WHITE	GREEN	BLUE/VIOLET	TOTAL
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
GRAND TOTAL							