# Colorful CHOICES

**NAME**_____

## INSTRUCTIONS

A healthy goal is to eat at least 5 fruits and vegetables a day (280 servings in 56 days). Circle the servings 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 Serving?

- 1/4 cup dried fruit
- 1/2 cup fresh fruit, or raw chopped or cooked vegetables
- 15 grapes
- 3/4 cup juice
- 4 green leaves
- 7 carrot sticks
- 1 medium banana

| DATE | RED: Apples, beets, bell peppers, cabbage, cherries, cranberries, grapes, grapefruit, lettuce, onions, passion fruit, pears, persimmons, plantain, plums, radishes, raspberries, rhubarb, strawberries, tomatoes, watermelon. | ORANGE: Apricots, bell peppers, cantaloupe, carrots, clementines, kumquats, nectarines, oranges, papaya, peaches, squash, tangerines. | YELLOW/WHITE: Apples, bananas, bell peppers, cauliflower, cherries, corn, garlic, grapefruit, figs, lemons, mangoes, onions, parsnips, pears, pineapple, plums, rutabaga, squash, star fruit, sunchoke, tomatoes, turnips. | GREEN: Artichoke, asparagus, avocado, beans, bell peppers, broccoli, Brussels sprouts, cabbage, celery, chard, collard greens, cucumbers, endive, grapes, honeydew, kiwi, leeks, lettuce, limes, mustard greens, okra, onions, parsley, peas, spinach, watercress. | BLUE/VIOLET: Bell peppers, blackberries, black raspberries, blueberries, cabbage, cherries, eggplant, figs, grapes, kale, kohlrabi, plums. | TOTAL |
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