

**EAT
BETTER
FEEL BETTER**



ADD MORE COLOR TO YOUR DAY, AND BOOST YOUR ENERGY, VITALITY, AND JOY.

Email _____ Start Date _____

Use this tracker to write down how many servings of fruits and vegetables you eat each day. Add more color to your day and to your plate by eating a range of colorful fruits and vegetables. Try to eat five servings of fruit and vegetables a day!

USE THE FOLLOWING SIX TIPS MAKE COLORFUL CHOICES:

WEEK 1

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Tip #1

Include a fruit or vegetable with every meal and snack.

WEEK 2

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Tip #2

Try the fruit and vegetables in season for added flavor.

WEEK 3

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Tip #3

Substitute vegetables for starches: squash for pasta and cauliflower for rice.

WEEK 4

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Tip #4

Plan ahead — have a variety of produce ready to eat anytime.

WEEK 5

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Tip #5

Make a list of 3 fruits and vegetables you like in each color.

WEEK 6

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Tip #6

Think outside the box — add vegetables to breakfast and fruit to dinner.