

**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	M	T	W	Th	F	Sa	Su

Tip #1
Include a fruit or vegetable with every meal and snack.

WEEK 2	M	T	W	Th	F	Sa	Su

Tip #2
Try the fruit and vegetables in season for added flavor.

WEEK 3	M	T	W	Th	F	Sa	Su

Tip #3
Substitute vegetables for starches: squash for pasta and cauliflower for rice.

WEEK 4	M	T	W	Th	F	Sa	Su

Tip #4
Plan ahead – have a variety of produce ready to eat anytime.

WEEK 5	M	T	W	Th	F	Sa	Su

Tip #5
Make a list of 3 fruits and vegetables you like in each color.

WEEK 6	M	T	W	Th	F	Sa	Su

Tip #6
Think outside the box – add vegetables to breakfast and fruit to dinner.