



## Fruits and Vegetables Tracking Calendar

Track your fruits and vegetables to make sure you get a minimum of 5 servings each day. Using a check mark, check one fruit in the calendar below each time you get a serving of fruit or vegetable.

S	M	T	W	T	F	S

One serving of vegetable is 1 cup raw,  $\frac{1}{2}$  cup cooked or  $\frac{3}{4}$  cup vegetable juice. One serving of fruit is 1 medium fruit or  $\frac{1}{2}$  cup of 100% juice.

