Choose a goal that’s right for you!

- I will eat a fruit or veggie with every meal
- I will make my plate colorful by having different colored fruits and veggies during the day
- I will eat fruit with breakfast
- I will have fruits or veggies as a snack

How to measure a serving size:

- An adult’s fist:
  - 1 cup cooked veggies
  - 1 cup leafy greens
  - 1 cup of fruit

- A child’s fist:
  - Portion of veggies or fruit

- An adult’s palm:
  - ½ cup dried fruit

- A child’s palm:
  - Portion of dried fruit

Using the child’s hand helps provide age-appropriate portions to meet the child’s daily amount of fruits and veggies.

Did you know...

- Eating more fruits and vegetables can help increase your daily fiber intake.
- Fruits and vegetables are rich in vitamins and minerals.

Choose a goal that’s right for you!

- I will eat a fruit or veggie with every meal
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- _________________________________

PARENT CORNER

Serve vegetables as the 1st part of a meal:

- Offer fruits and veggies as a snack.
- AND of course be a good role model – parents always eat your fruits and veggies.

Fruits & Veggies

Tips to increase your daily fruits and veggies!

There are many ways to get your fruits and veggies everyday

- Fresh • Canned • Frozen • Dried
- 100% juice are options
- Buy canned fruits and veggies stored in WATER

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# Fruits & Veggies

Tips to increase your daily fruits and veggies!

Child’s Name: ____________________________________________

Other Goal: ____________________________________________

<table>
<thead>
<tr>
<th>Cross off the boxes you did today.</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>I will eat a fruit or veggie with every meal</td>
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</tbody>
</table>

Other Goal

Great Job! You’re on your way to getting the fruits and veggies you need!