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

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.

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.

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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Child’s Name: ________________________________

Other Goal: ____________________________________

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<thead>
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<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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Other Goal

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