

Name: _____

Fruit and Vegetable Log

This week, you read about the importance of eating a balanced meal. Fruits and vegetables are a big part of a healthy diet. Experts suggest eating 3 to 5 cups of fruits and vegetables a day. How many do you eat a day? Use this chart to write down the types of fruits and vegetables you consume each day for one week. At the end of each day, add up the total number of cups of each that you ate. Use the key below to help estimate your serving sizes.

SERVINGS OF VEGETABLES ▶	EXAMPLES OF 1 CUP	EXAMPLES OF 1/2 CUP
	<ul style="list-style-type: none"> • 1 medium potato • 1 large ear of corn • 12 baby carrots 	<ul style="list-style-type: none"> • 5 broccoli florets • 6 baby carrots • 1 large stalk of celery
SERVINGS OF FRUIT ▶	EXAMPLES OF 1 CUP	EXAMPLES OF 1/2 CUP
	<ul style="list-style-type: none"> • 1 small apple • 1 small watermelon wedge • 1 medium pear 	<ul style="list-style-type: none"> • 4 large strawberries • 1 large plum • 1/2 medium grapefruit

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FRUITS ▼							
Total Cups							
VEGETABLES ▼							
Total Cups							