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Fruit & Veggie Eater Meter!

Are you ready to become one of the **Fruit & Veggie Color Champions™** like Yaz O'Frazz, Raoul, Big Pauly, Greta and Winonna? By trying new **fruits & veggies**, and eating the recommended amounts, you can earn certificates and rewards.

First, let's find out how you did last week.

In the boxes below, write the number of times you ate each fruit or veggie last week. Then write your grand total in the circle below. Remember the pictures of the **fruits & veggies** are just representations and **all forms count:**

fresh, frozen, canned, dried and 100% juice!

fruits



grapefruit



strawberry



mango



kiwifruit



green grapes



apple



pineapple



orange



cranberries



peaches



bananas



watermelon



plums



avocado



blackberries



pear



blueberries

draw it here!



other fruit

veggies



tomato



corn



leafy greens & spinach



beets



broccoli



onions



peppers



peas



asparagus



potatoes



carrots



lettuce



artichoke



mushrooms



cabbage



cauliflower



zucchini



winter squash

draw it here!



other veggie

Grand Total!



Number of times I tried fruits & veggies last week.

How many more would I like to try next week?



fruits & veggies
more matters™
fruitsandveggiesmorematters.org

