

Fruit and Veggie Quiz



I need to eat _____ cups of fruit each day
 I need to eat _____ cups of vegetables each day
 I need a total of _____ cups of fruits and vegetables each day
 (Check here: www.choosemyplate.gov/myplate/index.aspx)

For each cup of fruit or vegetable you eat, record a check mark in the box of the specific day and meal. For example, if you consume one small apple and about one cup of baby carrots (approximately 12 baby carrots) for a snack on Tuesday, then record two check marks in that box. Record the total daily number of checks in the last row. To see what counts as a cup, go to:
<http://www.choosemyplate.gov/food-groups/fruits-counts.pdf>
<http://www.choosemyplate.gov/food-groups/vegetables-counts.pdf>

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snacks					
Dinner					
Total					

If you have:

- **At least 5 total check marks each day (Or your specific total recommendation):**
Great job. Keep up the good work.
- **3-4 total check marks each day:** You're doing well. Keep at it with a few more fruits and veggies each day.
- **Less than 3 total check marks each day:** You're making good progress, but may need help getting more colorful fruits and veggies in your life. Use the [Eat a Colorful Variety of Fruits and Vegetables](#) handout for more ideas. Check out the [Fruit and Vegetable Tips](#) for some ideas of how to add fruits and vegetables to your diet.

Fruit and Vegetable Tips

Adapted from www.ChooseMyPlate.gov

- Eat a rainbow of fruits and vegetables to look and feel your best. Choose red, orange, deep-yellow and dark-green, leafy vegetables.
- Try using spinach, watercress, romaine and butter lettuces instead of iceberg lettuce in your salad. A rule of thumb is the darker the better.
- Buy fruits and vegetables in season. They are fresher, taste better and usually cost less. Find seasonal fruits and veggies at a farmer's market near you. Visit <http://apps.ams.usda.gov/FarmersMarkets/>
- Try a new vegetable each week. Some of the vegetables that you did not like as a child may taste good to you now. Brussels sprouts, Swiss chard, kale, parsnips, beets, bok choy, okra, spaghetti squash, and many others may all surprise you.
- Put veggies in your cooked soups, rice and pasta dishes.
- Fill half your plate with fruits and veggies. This is a good rule of thumb for each meal.
- Keep cleaned, chopped up fruits and veggies in your refrigerator for a quick and easy snack.
- Carry fresh fruit (or dried fruit) and chopped veggies with you for a healthy bite on the go.
- Apples, oranges, and bananas make great snacks or additions to recipes. Try putting sliced apples or oranges in your salads.
- Make most of your choices whole or cut-up fruit rather than juice, for the benefits that dietary fiber provides.
- Try cooking some fruit and veggie-filled meals using a healthy cookbook for teens.



Eating recommended amounts of fruits and vegetables every day is an easy way to get the vitamins and minerals you need to stay healthy and look your best.



Be Sure to Get Your Fruits and Veggies Every Day



Fruits and vegetables have fiber and are filled with vitamins and minerals that help you look and feel your best. Eating a variety of fruits and vegetables every day will ensure a broad range of nutrients in your diet. For more information, please visit: www.fruitsandveggiesmorematters.org/

Nutrient	Benefits	Fruit Sources	Vegetable Sources
Fiber	Can lower your risk of diabetes and heart disease	Apples, berries, pears, bananas, guavas, kiwi, oranges	Lentils, lima beans, pinto beans, black beans, spinach
Calcium	Supports healthy bones and teeth	Calcium-fortified orange juice, figs, oranges, strawberries	Collard greens, soybeans (edamame), spinach, turnip greens
Iron	Provides energy Maintain healthy cells, skin, hair, and nails	Prune juice, dried fruit (Citrus fruits help absorption)	Beans, kale, collard greens, spinach
Potassium	Helps maintain healthy blood pressure	Apricots, bananas, tomatoes, cherries, kiwi	Pink beans, large Lima beans, white beans, broccoli, chickpeas, lentils, sweet potato,
Vitamin A	Promotes healthy skin and eyes Supports a healthy immune system	Apricots, cantaloupe, grapefruit, mangoes, watermelon	Carrots, collard greens, carrots, lettuce, sweet potato, spinach
Vitamin C	Supports your immune system and helps maintain healthy teeth and gums	Apricots, berries, papaya, pineapple, oranges, guavas, lemons, limes, tomatoes, melons, grapefruit	Asparagus, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, leafy greens, potatoes

Eat a Colorful Variety of Fruits and Vegetables



Eat a colorful variety of fruits and vegetables every day to help you look and feel your best. For more ideas on fruits and vegetables

visit ChooseMyPlate.gov or [Fruits and Veggies More Matters](#)

Red and Orange

Red apples	Apricots
Beets	Mangoes
Cranberries	Oranges
Red Pears	Carrots
Radishes	Grapefruit
Raspberries	Cantaloupe
Cherries	Tangerines
Strawberries	Nectarines
Pomegranates	Papayas
Red Peppers	Pumpkins
Radicchio	Butternut squash
Rhubarb	

Green

Green apples	Cabbage
Avocados	Cucumbers
Green grapes	Endive
Honeydew	Kale
Kiwi	Leafy greens
Limes	Leeks
Artichokes	Okra
Arugula	Peas
Asparagus	Spinach
Broccoli	Sugar snap peas
Celery	Zucchini

Yellow

Yellow apples	Parsnips
Lemons	Mushrooms
Yellow pears	Yellow peppers
Cantaloupe	Yellow onions
Pineapples	Potatoes
Summer squash	Corn
Cauliflower	Bananas

Blue and Purple

Purple cabbage	Eggplant
Blueberries	Figs
Blackberries	Plums
Boysenberries	Dried plums
Concord grapes	

Underline the fruits and vegetables that you eat now.

Circle

the fruits and vegetables that you will try to add to your diet.



Action Plan for Fruits and Veggies

Name: _____

Date: _____

Check the boxes that describe what you are presently doing and what you plan to do:

Eat one more fruit or veggie every day.

Eat fruit for dessert instead of ice cream, cookies or cake.

Eat a fruit or veggie that I have never tasted or that I disliked in the past.

Drink 100% or diluted fruit or vegetable juice instead of soda.

Eat fruit for a snack instead of potato chips or other high-calorie, low-nutrient snack food.

Choose raw fruits and vegetables at least once a day

My idea for improving my fruit and veggie intake:

Am Doing	Plan to Do
<input type="checkbox"/>	<input type="checkbox"/>

Signature: _____

Date: _____