

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.