

Goal Sheet: Fruit & Vegetables



Remember!

Adults need to eat at least 2 cups of fruit and 2 1/2 cups of vegetables each day.

GOAL: Serve fruit and vegetables at each meal and snack!

How did you do? Check if you met your goal for the day!

	Served 2 or more fruits	Served 3 or more vegetables
	Yes/No List	Yes/No List
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Family solutions for eating more fruit & vegetables:
