

Fruits & Vegetables Calendar

Print and complete this log to track your healthy eating habits of fruits and vegetables and help your family do the same. Place the log in an easy location such as on the refrigerator.

If you or your family members are eating less than the recommended 5 servings of fruits and vegetable a day, work together to see how you can include more of them in your meals and snacks.

Day of the Week	Breakfast	Snack	Lunch	Snack	Dinner	Evening Snack	Total for the Day
<i>Example</i>	<i>Banana</i>	<i>Carrots</i>	<i>Broccoli</i>	<i>None</i>	<i>Sweet Potato</i>	<i>Grapes</i>	<i>5</i>
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							