Tracking Fruits-Veggies-Whole Grains

Here is an easy tool to keep track of just how many fruits, vegetables and whole grains you get each day. Use it as a tally – just check-off the appropriate letter for each serving you have.

Why do it? Most people don't even get the old recommended level of 5 servings of fruits and vegetables a day – and now the recommendation is even higher! When you pay attention to how many servings you are getting, it is easier to get more in. It has a hidden advantage: while you are busy getting all those servings of good foods, there is less room for the other stuff!

Date	Fruits Target 4 per day A serving is approx ½ cup	Vegetables Target 5 per day A serving is approx ½ cup	Whole Grains Target is at least 3! Aim for 3-6/day 1 slice bread 1/3 cup rice or grains ½ cup pasta or beans ½ cup peas or corn (approx 120 kcal)	Optional: Refined Carbs and Sugars
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	

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Date	Fruits	Vegetables	Whole Grains	Optional: refined carbs and sugars
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	
	F F F F	V V V V V	WG WG WG WG	

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