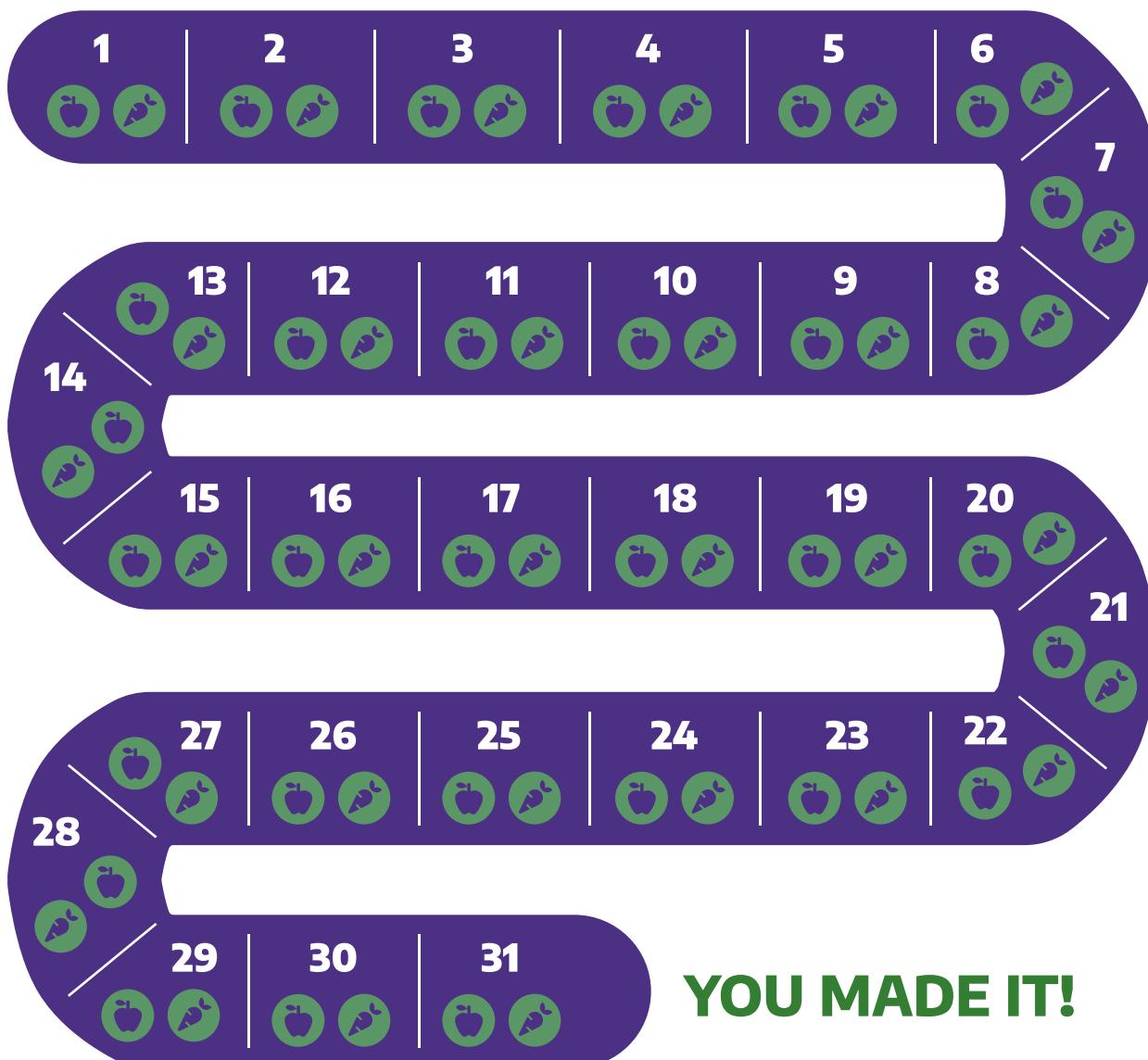


# NATIONAL NUTRITION MONTH TRACKER



Use this tracker to achieve your daily servings of fruits and vegetables!

Check off your fruits and veggies each day.



**YOU MADE IT!**



AT&T



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# NATIONAL NUTRITION MONTH TRACKER



## VEGETABLES

SERVING SIZE	EXAMPLES	VEGETABLES
2 1/2 cups per day for a 2,000 calorie diet	 2 cups leafy greens  2 medium or 12 baby carrots  1 large bell pepper	Artichoke Arugula Asparagus Beets Bok Choy Broccoli Cabbage Carrot Cassava Cauliflower Celery Collards Corn Cucumber Edamame Eggplant
<b>SUBGROUPS</b>	 1 cup chopped broccoli  1 large raw whole tomato  1 cup cubed & cooked winter squash  1 large baked sweet potato  1 large corn ear  2 large celery stalks	Fennel Ginger Root Green Beans Horseradish Jicama Kale Leeks Lettuce Mushrooms Mustard Greens Onion Parsnip Peas Bell Pepper Potatoes Pumpkin Radishes Rutabaga Shallots Squash Spinach Tomato Turnip Watercress Yam Zucchini

## FRUITS

SERVING SIZE	EXAMPLES	FRUITS
2 1/2 cups per day for a 2,000 calorie diet (At least one cup of whole fruits per day)	 1/2 large apple or 1 small apple  1 large banana  8 large strawberries  1 large orange  1/2 cup dried fruit  1 cup 100% fruit juice  1 medium pear  1 medium grapefruit  3 medium or 2 large plums	Apple Apricots Avocado Banana Blueberries Cantaloupe Cherries Clementine Coconut Cranberries Date Fruit Elderberries Figs Gooseberries Grapefruit Grapes
<b>SUBGROUPS</b>		Guava Honeydew Melon Jackfruit Kiwifruit Kumquat Lemon Lime Lychee Mandarin Mango Mulberries Nectarine Olives Orange Papaya Passion Fruit Peaches Pear Persimmon Pineapple Plantain Plums Pomegranate Prunes Raspberries Rhubarb Strawberries Tamarind Tangerine Watermelon