































































# NATIONAL NUTRITION MONTH TRACKER

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

Check off your fruits and veggies each day.



1	2	3	4	5	6	7
 	 	 	 	 	 	 
14	13	12	11	10	9	8
 	 	 	 	 	 	 
15	16	17	18	19	20	21
 	 	 	 	 	 	 
28	27	26	25	24	23	22
 	 	 	 	 	 	 
29	30	31				
 	 	 				

**YOU MADE IT!**



AT&T



THE WHOLE U  
UNIVERSITY of WASHINGTON

# NATIONAL NUTRITION MONTH TRACKER

## VEGETABLES

### SERVING SIZE

2 1/2 cups per day for a 2,000 calorie diet

### SUBGROUPS

- Dark Green
- Red + Orange
- Legumes
- Starchy
- Others

### EXAMPLES



2 cups leafy greens



2 medium or 12 baby carrots



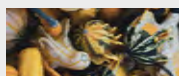
1 large bell pepper



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

### VEGETABLES

Artichoke	Fennel	Radishes
Arugula	Ginger Root	Rutabaga
Asparagus	Green Beans	Shallots
Beets	Horseradish	Squash
Bok Choy	Jicama	Spinach
Broccoli	Kale	Tomato
Cabbage	Leeks	Turnip
Carrot	Lettuce	Watercress
Cassava	Mushrooms	Yam
Cauliflower	Mustard Greens	Zucchini
Celery	Onion	
Collards	Parsnip	
Corn	Peas	
Cucumber	Bell Pepper	
Edamame	Potatoes	
Eggplant	Pumpkin	

## FRUITS

### SERVING SIZE

2 1/2 cups per day for a 2,000 calorie diet (At least one cup of whole fruits per day)

### SUBGROUPS

- Whole Fruits
- 100% Fruit Juice

### EXAMPLES



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

### FRUITS

Apple	Guava	Peaches
Apricots	Honeydew Melon	Pear
Avocado	Jackfruit	Persimmon
Banana	Kiwifruit	Pineapple
Blueberries	Kumquat	Plantain
Cantaloupe	Lemon	Plums
Cherries	Lime	Pomegranate
Clementine	Lychee	Prunes
Coconut	Mandarin	Raspberries
Cranberries	Mango	Rhubarb
Date Fruit	Mulberries	Strawberries
Elderberries	Nectarine	Tamarind
Figs	Olives	Tangerine
Gooseberries	Orange	Watermelon
Grapefruit	Papaya	
Grapes	Passion Fruit	