THE FIRST 90
A New Year’s Challenge to Make 2021 Count
NUTRITION TRACKER

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

Check off your fruits and veggies each day.

YOU MADE IT!
### VEGETABLES

**Serving Size**
- 2 1/2 cups per day for a 2,000 calorie diet

**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

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

### FRUITS

**Serving Size**
- 2 1/2 cups per day for a 2,000 calorie diet

**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

**Subgroups**
- Whole Fruits
- 100% Fruit Juice

### VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Beets
- Bok Choy
- Broccoli
- Cabbage
- Carrot
- Cassava
- Cauliflower
- Celery
- Collards
- Corn
- Cucumber
- Eggplant
- Edamame
- Brussels Sprouts

### FRUITS

- Apple
- Apricots
- Avocado
- Banana
- Blueberries
- Cantaloupe
- Cherries
- Clementine
- Coconut
- Cranberries
- Date Fruit
- Elderberries
- Figs
- Gooseberries
- Grapefruit
- Grapes
- 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

Tracking guidelines provided by the health.gov Dietary Guidelines 2015-2020 and the U.S Department of Agriculture.