

FRUIT & VEGETABLE weekly calendar

HIP TO BE FIT



	BLUE/PURPLE	GREEN	WHITE	YELLOW/ORANGE	RED
EXAMPLES	½ cup purple grapes	½ cup broccoli 1 cup lettuce, celery, and cucumbers	1 banana 1 small baked potato	1 orange	½ cup tomatoes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

ARE YOU EATING ALL YOUR COLORS?

How many servings of fruits and vegetables do you eat each day? Are you eating from all five color groups? Keep track of what you eat for one week. Fill in the names of the fruits and vegetables and number of servings each time you eat under the correct color group and day of the week. Examples of fruits and vegetables and their color groups are on the back. Aim for five servings or more each day of fruits and vegetables, one in each color group.

One serving is:

- 1 medium-size piece of fruit
- ¼ cup dried fruit
- ½ cup raw, cooked, frozen, or canned (in 100% juice) fruit
- ½ cup raw, cooked, frozen, or canned vegetables
- 1 cup raw, leafy vegetables
- ¾ cup (6 fluid ounces) 100% fruit juice

GET TO KNOW YOUR COLORS



Meet the BLUE AND PURPLE Foods

Blackberries
Blueberries
Black currants
Dried plums
Elderberries
Purple figs
Purple grapes
Plums
Raisins
Purple asparagus
Purple cabbage
Purple carrots
Eggplant
Purple Belgian endive
Purple peppers
Potatoes (purple fleshed)
Black salsify

Meet the GREEN Foods

Avocados
Green apples
Green grapes
Honeydew
Kiwifruit
Limes
Green pears
Artichokes
Arugula
Asparagus
Broccoli
Broccoli rabe
Brussels sprouts
Chinese cabbage
Green beans

Green cabbage
Celery
Chayote squash
Cucumbers
Endive
Leafy greens
Leeks
Lettuce
Green onion
Okra
Peas
Green pepper
Snow peas
Sugar snap peas
Spinach
Watercress
Zucchini

Meet the WHITE Foods

Bananas
Brown pears
Dates
White nectarines
White peaches
Cauliflower
Garlic
Ginger
Jerusalem artichoke
Jicama
Kohlrabi
Mushrooms
Onions
Parsnips
Potatoes (white fleshed)
Shallots
Turnips
White corn

Meet the YELLOW AND ORANGE Foods

Yellow apples
Apricots
Cantaloupe
Cape gooseberries
Yellow figs
Grapefruit
Golden kiwifruit
Lemons
Mangoes
Nectarines
Oranges
Papayas
Peaches
Yellow pears
Persimmons
Pineapples
Tangerines
Yellow watermelon
Yellow beets
Butternut squash
Carrots
Yellow peppers
Yellow potatoes
Pumpkin
Rutabagas
Sweet potatoes
Yellow corn
Yellow summer squash
Yellow tomatoes
Yellow winter squash

Meet the RED Foods

Red apples
Blood oranges
Cherries
Cranberries
Red grapes
Pink/red grapefruit
Red pears
Pomegranates
Raspberries
Strawberries
Watermelon
Beets
Red peppers
Radishes
Radicchio
Red onions
Red potatoes
Rhubarb
Tomatoes

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Name _____

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