

Am I getting my 5 to 9 a day?

Directions:

Fill out the following chart for each day of the week. Write down all the fruit or vegetables that you eat for each meal. Count up how many servings of fruit or vegetables you have each day. Remember that a *serving* is equal to **1 cup** or about the size of a baseball. Remember, an 8oz. glass of 100% fruit juice counts as a serving of fruit.

Monday

Breakfast: # of servings: _____	Lunch: # of serving: _____	Dinner: # of servings: _____	Snacks: # of servings: _____	Total number of servings of fruits & vegetables for Monday:
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Tuesday

Breakfast: # of servings: _____	Lunch: # of serving: _____	Dinner: # of servings: _____	Snacks: # of servings: _____	Total number of servings of fruits & vegetables for Monday:
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Wednesday

Breakfast: # of servings: _____	Lunch: # of serving: _____	Dinner: # of servings: _____	Snacks: # of servings: _____	Total number of servings of fruits & vegetables for Monday:
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Thursday

Breakfast:	Lunch:	Dinner:	Snacks:	Total number of servings of fruits & vegetables for Monday:
# of servings: _____	# of serving: _____	# of servings: _____	# of servings: _____	

Friday

Breakfast:	Lunch:	Dinner:	Snacks:	Total number of servings of fruits & vegetables for Monday:
# of servings: _____	# of serving: _____	# of servings: _____	# of servings: _____	

Answer the following questions after you have completed your charts for the entire week.

1. Did you eat at least five servings of fruit and vegetables any day of the week? Which days? _____
2. Did you do anything different to make sure you got 5 to 9 servings of vegetables each day or did you stick to your normal foods? _____

3. If you didn't get 5 to 9 servings, what can you do differently? _____

4. Explain why it is important to get 5 to 9 servings a day. _____
