



**EAT VARIETY FOR EVEN BETTER NUTRITION!**

*Try to eat at least one serving from every category, every week.*

- Fruit** 🍎 Fresh, cooked or canned (1 medium piece, or 1/2 cup cut-up)
- Vegetables** 🥕 Raw or cooked, fresh, canned or frozen (1/2 cup)
- Leafy vegetables** 🥬 raw lettuce, spinach, etc. (1 cup)
- Juice** 🍷 100% fruit or veg. (3/4 cup)
- Dry beans or peas** 🍲 cooked kidney beans, white beans, chick peas, lentils, split peas, etc. (1/2 cup)
- Dried fruit** 🍌 Raisins, prunes, dried apricots, etc. (1/4 cup)

# PERSONAL SCORESHEET

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Week Totals
1								
2								
3								
4								
5								
6								
7								
8								

Total Points