Fruit and Vegetable Tracker: A Rainbow of Nutrition

Use this tally sheet to keep track of the fruits and vegetables you eat all week. Then fax your totals to us at (916) 614-4964 NO LATER than 10:00 a.m. on Fridays. (Or save to your computer, tally, save and e-mail to us at livewellbewell.nvly@kp.org

Name:		
Contact Phone #:		
Email address:		
A serving is one individual fruit or vegetable. If it's sliced up or cooked, a serving is roughly the size of a tennis ball. Do not count juice unless you juiced it yourself, and left the pulp in (juice serving is $\frac{1}{2}$ cup).		
Dark green/leafy	Orange/deep-yellow	Other: list # of servings and name of food:
Bok choi	Apricots	
Broccoli	Cantaloupe	
Greens	Carrots	
Endive	Mango	
Kale	Papaya	
Lettuce	Peaches	
Spinach	Squash	
Citrus and berries	<u>Miscellaneous</u>	
Blueberries	Dried fruit	
Grapefruit	Pears	
Kiwi	Peppers	
Oranges	Sprouts	
Raspberries	Tomatoes	
Strawberries		
Tangerines		

KAISER PERMANENTE