## 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 email to us at livewellbewell.nvly@kp.org

Name:
Contact Phone \#: $\qquad$
Email address: $\qquad$

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 $1 / 2$ cup).

Dark green/leafy


Citrus and berries


Orange/deep-yellow


Miscellaneous


Other: list \# of servings and name of food:


KAISER PERMANENTE

