

## HANDOUT:

# Fruits & Veggies on the Move: A Personal Log

Many people keep logs of their daily activities. For example, ship captains keep a captain's log and athletes keep training logs. Use both sides of this sheet to try keeping a fruits and vegetables and fitness activity log for one week.

## Eat More and Score!

<b>Sunday</b>
<b>Monday</b>
<b>Tuesday</b>
<b>Wednesday</b>
<b>Thursday</b>
<b>Friday</b>
<b>Saturday</b>

## Foods Log

At the end of each day, use the "Fruits and Veggies on the Move: An Personal Log" to chart the fruits and vegetables you've eaten in your meals and snacks that day. A few suggestions for including more fruits and vegetables in your meals and snacks follow.

- Drink a glass of 100 percent fruit or vegetable juice
- Add fruit (fresh or dried) to cereal
- Add fruit or vegetables to sandwiches (for example, add bananas to a peanut butter sandwich, or lettuce and tomatoes to a turkey sandwich)
- Add fruit to yogurt, pudding, baked goods or pancakes
- Drink a fruit shake or smoothie
- Add veggies to an omelette
- Eat a fresh fruit or vegetable salad
- Add veggies to a baked or microwaved potato
- Top pizza with veggies or fruit (such as peppers, onions, tomatoes, pineapple)
- Eat fresh vegetables or fruit with a dip
- Add veggies to a pasta and rice dish
- Take along fresh whole fruit or cut up veggies