Eat **Right** For Life

PHASE 3: Eat Your Fruits & Veggies

Our journey to Eating Right For Life brings us to two more very important carbs: Fruits and Vegetables. Fruits and vegetables are amazing. Each time you include them in your diet, you immediately improve your health. Read that again. ***Immediately***. Fruits and vegetables are high in nutrients, and low in calories. They are a bustling assortment of vitamins and minerals and offer loads of beneficial zero-calorie fiber. For most of us, the more fruits and veggies we eat, the less we'll weigh. Are you getting ***your*** fill?

SURVEY

Simply check (✓) "Yes" or "No" in response to each of these questions

YES	NO	
☐	☐	Do you eat dark leafy greens like collards, kale and spinach several times a week?
☐	☐	Do you choose richly colored fruits and veggies (think brilliant red, orange, yellow and green) most of the time?
☐	☐	Do you eat two servings (1 serving equals roughly 1 cup) of fruit each day?
☐	☐	Do you consume at least five servings (1 serving equals roughly 1 cup) of veggies each day?

Filled with phytochemicals, fruits and veggies are the magic bullet for broad-spectrum disease prevention. If you answered no to one or more of the survey questions, it is time to focus on your fruit and veggie eating habits. The beginner goal is simply a place to start. Even after the challenge concludes, keep aiming toward achieving the intermediate and advanced goals to optimize your health and well-being!

GOALS

Simply check (✓) your goal

- ☐ **Beginner**: Eat at least 1 cup of fruit and 1 cup of veggies each day.
- ☐ **Intermediate**: Eat at least 2 cups of fruit and 3 cups of veggies each day.
- ☐ **Advanced**: Eat at least 2 cups of fruit and 5 cups of veggies each day.

TRACKING

Simply check (✓) each day you met your goal

DAY 1 DATE: _____	DAY 2 DATE: _____	DAY 3 DATE: _____	DAY 4 DATE: _____	DAY 5 DATE: _____	DAY 6 DATE: _____	DAY 7 DATE: _____

Notes: