



WORKPLACE WELLNESS: Fruit & Veggie Challenge

Use the boxes below to add up your points for each day and track in the calendar on the other side. Check off each fruit and vegetable that you try at least once during the challenge. Add up your points daily and track in the calendar on the other side.

Box 1: Foods worth 1 point per serving ADD MORE

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Date | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Leeks | |
| <input type="checkbox"/> Lettuce | |

Box 2: Foods worth two points per serving

- Acai Berries
- Avocado
- Blueberries
- Broccoli
- Coconut
- Edamame
- Goji Berries
- Kale
- Pomegranate
- Spinach
- Sprout
- Sweet Potato
- Other _____

*Foods worth two points are superfoods taken from superfoodslist.com.

Tips to eating more fruits and veggies:

REMEMBER THE 3 P's!!!

Plan! Plan for a fruit or vegetable at every snack and meal

Purchase! Purchase fresh in-season, frozen, or canned fruits and veggies to increase consumption

Prepare! Prepare ready to eat fruits and vegetables that are easy to grab and enjoy

Other: