

FRUIT AND VEGETABLE LOG

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Add a little bit of body text

**Log each 1/2 cup portion of fruit or vegetable consumed.
Aim for 2 1/2 cups of vegetables & 2 cups of fruit per day.**

A 1/2 cup of fruit is...

- 1/2 small apple (2 1/4" diameter)
- 1 - 6" banana
- 16 grapes
- 1/2 large orange (3" diameter)
- 1/2 large peach (2 3/4" diameter)
- 1/2 medium pear
- 1 large plum
- 4 large strawberries
- 1/4 cup dried fruit
- 1/2 medium grapefruit (4" diameter)
- 4 ounces applesauce
- 1/8 medium cantaloupe

A 1/2 cup of vegetable is...

- 1 cup dark leafy greens (spinach, kale, romaine)
- 6 baby or 1 medium carrot
- 1 small bell pepper
- 1/2 cup tomato juice
- 6" ear of corn
- 11" celery stalk



LA PLATA COUNTY
COLORADO STATE UNIVERSITY
EXTENSION