



HEALTHY HABITS PROGRAM

JANUARY'S HEALTHY HABIT

VEGGIE UP!

ADD 3 VEGGIES PER DAY

TRACKING SHEET

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Notes: _____

HELPFUL TIPS

■ For January's Healthy Habits goal, we're challenging you to add three servings of fruits or vegetables per day. Only 25% of Americans eat five or more servings of fruits and vegetables daily, yet the recommended number for most adults is about nine.

■ How much is a serving? For most fruits and vegetables, 1/2 cup represents a serving (including fresh, frozen, and 100% juice). A few exceptions include leafy greens, in which the serving is a full cup, and dried fruit, in which the serving is 1/4 cup.

■ Fruit-based dessert has the ability to offer a naturally-sweet ending to a satisfying meal, with the added bonus of an extra fruit serving. Take plain bananas and grapes and freeze for a satisfying, pop-able delight. Or dip half a banana or fresh strawberries in a small amount of antioxidant-rich dark chocolate.

■ Pack in the veggies by starting one meal a day with a small salad. Get creative. One cup of leafy greens + 1/2 cup of fruit or veggie toppings = 2 servings. Alternate your greens from the normal Romaine or iceberg. The darker the greens the more nutrient-rich they are.

■ Try to experiment with a new seasonal vegetable (or fruit) each week. Get the whole family involved. Allow a family member to choose a new item from the produce section and add it to your meal. Cooking for one? Invite a friend or two over to try the new dish with you.

■ Add peppers, tomatoes, mushrooms, or onions to your eggs for a delicious omelet, or pile the whole scramble on your favorite bread, tortilla, or bagel for a booster breakfast sandwich. Drink a 1/2 cup of 100% fruit juice with it for another fruit serving.