Vegetable and Fruit Checklist

Take this challenge! Print this chart or create your own and use it to keep track of how many vegetables and fruit you eat in a day. See Canada's Food Guide to help you count the number of servings in your meal or snack.

Today's Vegetables and Fruit		
Amount	**Food**	**How many servings?**
Example : ½ cup	*Mango chunks*	*1*
250 mL	*Romaine lettuce*	*1*
		Total:

The number of vegetable and fruit servings adults need each day			
19-50 Years		***51+ Years***	
Females	***Males***	***Females***	***Males***
7-8	8-10	7	7

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