



Green Plate

Challenge Tracker

DIRECTIONS: Aim to enjoy more servings of **GREEN** fruits and vegetables at your meals and snacks. List the serving(s) of **GREEN** fruits and/or vegetables you eat during your day. (Only **GREEN** fruits and veggies count in this challenge!) ****NOTE: It is not required to share this tracker.**

DAY	LIST OF SERVINGS I ATE	TOTAL # OF SERVINGS
Example	1. 1 green apple 2. ¼ cup lettuce (with tomato, onion) 3. 2 cups salad greens	2 ¼
1	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	
2	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	
3	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	
4	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	
5	1. _____ 4. _____ 2. _____ 5. _____ 3. _____ 6. _____	

GREEN Fruits: Avocados, Green Apples, Green Grapes, Honeydew, Kiwifruit, Limes

1 serving = 1 cup of fruit or 100% fruit juice OR ½ cup of dried fruit

GREEN Veggies: Artichokes, Arugula, Asparagus, Broccoli, Broccoli Rabe, Brussels Sprouts, Chinese Cabbage, Green Beans, Green Cabbage, Celery, Chayote Squash, Cucumbers, Endive, Leafy Greens, Leeks, Lettuce, Green Onions, Okra, Peas, Green Peppers, Snow Peas, Spinach, Sugar Snap Peas, Watercress, Zucchini

1 serving = 1 cup of raw or cooked vegetables OR 2 cups of raw leafy salad greens

Please let us know you participated in this challenge for a chance to win a prize!

https://stateofennessee.formstack.com/forms/wfhtn_green_plate_challenge_submission

(NOTE: You can submit to this form multiple times.)



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