



Fruit & Vegetable chart

2-7 year old: 1-2 fruits/day 2-4 vegetables/day

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

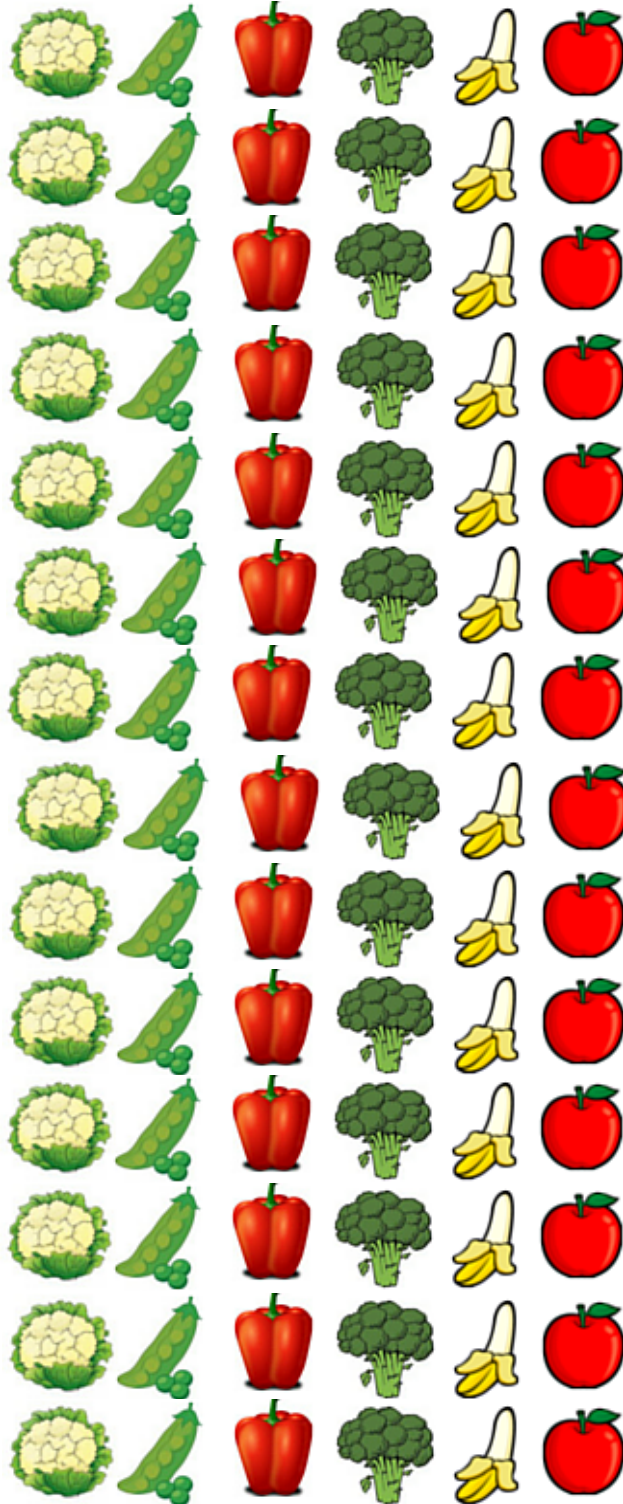
Wednesday

Thursday

Friday

Saturday

Sunday



Vegetable Serving: 1 cup of raw greens or 1/2 cup of chopped vegetables

Fruit Serving: 1 small apple, banana or orange, or 1/2 cup of chopped fruit