

5 A DAY YOUR WAY!



WorkWell NYC challenges you to strive for 5 servings of fruits and vegetables every day!

Fruits and vegetables are an important part of a healthful diet. They provide essential nutrients to keep our bodies working well. Most adults should have at least 5 servings of fruits and vegetables every day. Use this tracking tool to record how many servings of fruits and vegetables you have each day for the next two weeks. See page two for serving examples.

TRACKING TOOL WEEK 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Ex: 1 banana						
2							
3							
4							
5							

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TRACKING TOOL WEEK 2

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
1	Ex: 1 banana						
2							
3							
4							
5							



WHAT'S ONE SERVING?
Here are some suggestions

½ cup cooked vegetables, like broccoli or carrots.

1 cup raw vegetables including leafy greens like spinach or lettuce.

1 medium whole fruit like a banana or an apple the size of your fist.

½ cup of cut fruit, such as sliced melon or a fruit cup.*

2 tablespoons dried fruit* like raisins or prunes.

**Look for a "no sugar added" variety*

SHARE A PIC ON **INSTAGRAM** OF YOU ENJOYING SOME FRUITS AND VEGETABLES AND **TAG US @WORKWELLYNYC** WITH THE HASHTAG **#5ADAY**