

A decorative border of various fruit and vegetable icons surrounds the central text. The icons include apples, strawberries, carrots, onions, tomatoes, broccoli, pineapples, oranges, cherries, and bell peppers, arranged in a repeating pattern along the top, bottom, and sides of the page.

Fruit punch challenge

Eating the recommended 5-9 servings of fruit and vegetables each day reduces your risk of chronic diseases, delivers many essential nutrients, and provides other great benefits. For this challenge, eat 50 servings of fruit and vegetables within a two week period. Punch or mark a fruit or vegetable for each serving that you eat.

What is 1 serving?

- 1 medium-sized fruit
- $\frac{1}{2}$ cup raw, cooked, canned, cut, or frozen fruit/vegetables
- 1 cup raw, leafy vegetables
- $\frac{1}{4}$ cup dried fruit
- $\frac{1}{2}$ cup fruit or vegetable juice

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