

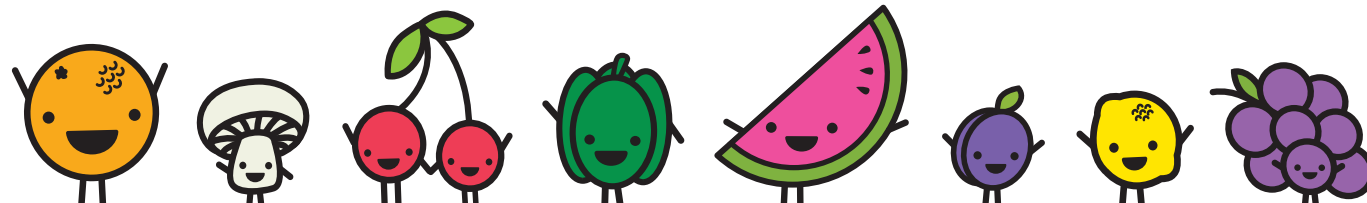
# TRY FOR 5 FRUIT & VEGGIE TRACKER



Fill in a circle for each fruit or veggie you eat. Write or draw that fruit or veggie.

Day	1	2	3	4	5	And more!	Total
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Weekly total



# FRUITS & VEGGIES FROM A-Z

## A

Acorn squash  
Apple  
Apricot  
Artichoke  
Arugula  
Asparagus  
Avocado

## B

Banana  
Beet  
Black bean  
Blackberry  
Blueberry  
Bok choy  
Broccoli  
Brussels sprout  
Butternut squash

## C

Cabbage  
Cantaloupe  
Carrot  
Cauliflower  
Celery  
Cherry  
Cherry tomato  
Chickpea  
Coconut  
Collard greens  
Cranberry  
Cucumber

## D

Daikon (Asian radish)  
Dandelion greens  
Date  
Dragon fruit

## E

Edamame  
Eggplant  
Endive

## F

Fennel  
Fig

## G

Garlic  
Grape  
Grapefruit  
Green pepper  
Greens  
Guava

## H

Honey crisp apple  
Honeydew  
Huckleberry

## I

Iceberg lettuce

## J

Jackfruit  
Jalapeño pepper  
Jicama

## K

Kale  
Key lime  
Kidney bean  
Kiwi  
Kohlrabi  
Kumquat

## L

Leek  
Lemon  
Lentil  
Lettuce  
Lima bean  
Lime

## M

Mandarin orange  
Mango  
Mangosteen  
Mushroom  
Mustard greens

## N

Napa cabbage  
Nectarine

## O

Okra  
Olive  
Onion  
Orange  
Orange pepper

## P

Papaya  
Parsnip  
Passion fruit  
Pea/pea pod  
Peach  
Pear  
Pepper  
Pineapple  
Pinto bean  
Plantain  
Plum  
Pomegranate  
Potato  
Pumpkin

## Q

Quince

## R

Radicchio  
Radish  
Raisin  
Raspberry  
Red pepper  
Rhubarb  
Romaine lettuce  
Rutabaga

## S

Salsa  
Shallot  
Snow pea  
Soybean  
Spinach  
Squash  
Star fruit  
Strawberry  
Sweet corn  
Sweet potato  
Swiss chard

## T

Tangerine  
Tomatillo  
Tomato  
Turnip

## U

Ugli fruit

## V

Vegetable juice  
Vidalia onion  
Vine-ripe tomato

## W

Wasabi root  
Watercress  
Watermelon  
White asparagus  
Wild berry  
Winter squash

## X

Xigua (watermelon  
in Africa)

## Y

Yam  
Yellow pepper  
Yucca root  
Yukon gold potato

## Z

Zucchini

