



EAT UP CHALLENGE

Name: _____

Subscriber ID: _____

Submit your completed challenge via email to LivEZ@HealthEZ.com or fax it to 952-896-1261.
For any questions contact the LivEZ team 800-948-8824



EAT UP!

This is a food challenge! Your goal is to eat 5–6 servings of fruit and/or vegetables every day for four weeks. This booklet will allow you to track your produce intake.

What counts?

Fresh, frozen, canned, dried, or 100% fruit/vegetable juice counts as a serving. They can be fresh, canned, frozen, or dried. You can eat them whole, cut up, or pureed. Most fruits are naturally low in fat, sodium and calories.

The Benefits

Fruits and vegetables are loaded with vitamins and minerals, and are low in fat, sodium and calories. Diets that are rich in fiber may reduce heart disease, obesity and Type 2 Diabetes. Diets rich in potassium may help to maintain a healthy blood pressure. Some examples of foods high in potassium are bananas, cantaloupe, spinach & sweet potatoes

Tips & Tricks

- Try whole fruits or veggies – fiber from them helps you feel full with less calories.
- Buy produce that is in season – it usually costs less.
- Preparing foods from fresh ingredients can help lower sodium intake. When buying canned good, look for ‘reduced sodium,’ ‘low sodium,’ or ‘no salt added.’
- Canned fruits may contain high sugar and added syrup



What's a serving size?

Fruits and veggies have different serving sizes. Use the serving size list below to help stay on track this challenge.

Fruits

- 1 medium apple
- 1 medium banana
- 15–20 grapes
- 1 orange
- 1 peach
- 4–5 strawberries
- 1 cup apple sauce
- 1/4 – 1/2 cup dried fruit
- 1 cup canned fruit

Veggies

- 1 cup broccoli
- 2 cups leafy greens (or 1 cooked)
- 2 large stalks of celery
- 1 large sweet potato
- 1 cup tomato juice
- 1 cup of dry beans or peas
- 1 cup squash











































Eat the rainbow for the next four weeks, and strive to get in the most variety and color to reap the most nutritional benefits!

As always, consult your physician or primary care doctor before beginning any new nutrition program. This booklet contains general advice aimed at the general population focused on wellness.











































LET'S DO IT!

Cross off the corresponding icon as you eat a serving of fruits/veggies each day. Use the bottom of the page to note any successes or struggles you have. Being aware of your food is a big challenge – if you need to, work your way up to 5/6 servings a day.











































Week 1

Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						











































Week 2

Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 3

Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Week 4

Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Notes:

GOOD JOB!

We hope this challenge helped you become more aware of your eating habits and maybe even picked up a tip or two! Just a few more things before you are done!

1. At the end of the challenge, were you eating more fruits and veggies a day than when you started?

2. How many fruits and/or vegetables were you eating a day?

3. We love to know if we helped! Please provide us with your feedback about this challenge!

Email: LivEZ@healthEZ.com
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