

Love Yourself Healthy Challenge - Day 3 Worksheet

Step 1: Use the below to write down all the vegetables you eat today.

Step 2: Know the recommendations.

- Females age 19 - 50 = 2.5 cups
- Females age 51 and older = 2 cups
- Males age 19 - 50 = 3 cups
- Males age 51 and older = 2.5 cups

Step 3: Know what counts as a "cup."

- In general, 1 cup = 1 cup of raw or cooked veggies or 2 cups of raw leafy greens
- To estimate, 1 cup of vegetables is about the size of a baseball
- To get specific: <https://www.choosemyplate.gov/vegetables>, click "plus sign" on the "Cup of Vegetable Table"

Step 4: Total your "cups" on the last line and compare to recommendations.

- Do you meet the recommendations? Great job!
- Are you short of the recommendations? Think about where you add more veggies to your meals and snacks

Vegetables Eaten	Time or Meal	Amount
Example: Salad (1 cup lettuce with chopped carrots, tomatoes, cucumbers, radishes)	Lunch	Lettuce: 1/2 cup Chopped Veggies: 1 cup
TOTAL VEGGIES FOR TODAY:		