

Can you eat something healthy everyday for one week?

Challenge yourself to eat at least three healthy fruits and/or vegetables everyday for one week. Use the list of fruits and vegetables as a guide. (It's okay to eat other fruits and vegetables that are not on the list. It's also okay to eat the same foods more than once in the same week.)

When the week is over, turn your list in to your teacher. Keep up the challenge for 4 weeks and earn a Heart Smart certificate from the Texas Heart Institute.

NUTRITION

HEART-SMART CHOICES

Day:	Fruit and/or Vegetable	
Monday	_____	_____
	_____	_____
	_____	_____
Tuesday	_____	_____
	_____	_____
	_____	_____
Wednesday	_____	_____
	_____	_____
	_____	_____
Thursday	_____	_____
	_____	_____
	_____	_____
Friday	_____	_____
	_____	_____
	_____	_____

Fruits

Apple
 Apricot
 Avocado
 Banana
 Blueberries
 Cherries
 Grapefruit
 Grapes
 Honeydew
 Nectarine

Orange
 Peach
 Pear
 Pineapple
 Plum
 Raspberries
 Strawberries
 Watermelon

Vegetables

Artichoke
 Asparagus
 Beans
 Broccoli
 Brussel sprouts
 Cabbage
 Carrot
 Cauliflower
 Celery
 Corn
 Cucumber
 Eggplant
 Lettuce
 Mushroom
 Onion
 Peas
 Potato
 Spinach
 Squash
 Tomato

Turnip
 Zucchini
 Yams