

CHECKLIST - 5 A DAY

Often it is not ignorance or insufficient information that prevents one from doing something healthy, but simply carelessness, forgetfulness or lack of routine. This checklist should help you to eat your minimum daily ration of fruits and vegetables.

Print out this reminder. Hang it on the refrigerator and eat at least two portions of fruit and three portions of vegetables a day. Check it off your list every time.

What is „one serving“?

large fruits/vegetables = 1 handful | small fruits/vegetables = 2 handfuls

Date _____

















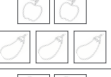


















	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. _____							
2. _____							
3. _____							
4. _____							
5. _____							

























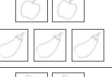










Date _____




































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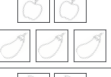
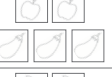



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