

Eat More Vegetables & Fruits

WELLBEING JOURNAL

MONTH & YEAR: _____

WHY?

Vegetables and fruits are loaded with nutrients our bodies need like vitamins, minerals, fiber and other healthy carbohydrates, some protein, and phytonutrients - which are special nutrients that are only found in plants.

Studies show that eating a diet high in vegetables and fruits has health benefits, including:

- Helping to reach and maintain a healthy body weight
- Reducing the risk of many chronic diseases
- Helping all parts of the body work optimally

Most Americans don't eat the amounts of vegetables and fruits recommended by experts. The Dietary Guidelines for Americans (2020-2025) recommends that the average adult should consume at least 2 1/2 cups of vegetables and 2 cups of fruit a day.

HOW?

- Download and print this journal page. Take some time to think about and answer the self-reflection questions. Use your answers and the information on page 2 to set a goal.
- Follow @NutritionFromTheHart on Instagram for tips about how to eat more vegetables & fruits
- Each week, reflect on your progress, and make any adjustments to your goal
- At the end of the month, do a final reflection and set a goal to continue eating more vegetables and fruits

SELF-REFLECTION

My overall thoughts about eating vegetables and fruits:

I typically eat this many vegetables and fruits per day/week:

Vegetables and fruits that I like to eat:

Some vegetables and fruits that I would like to try:

Personal challenges when it comes to eating the recommended amount of vegetables & fruits:

Some ways I can make it easier to eat more vegetables and fruits:

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CHALLENGE

Set a personal goal to eat more vegetables and fruits. Ideas include:

- Try 1 new vegetable or fruit each week
- Eat 1 more serving each day or at each meal
- Try to eat 30 different vegetables and fruits each week

Any goal that challenges you will work. Write it below - then each week, assess if you've reached your goal that week, and make any adjustments that you feel would be beneficial. If you met the goal easily, you might want to add an additional challenge. If it was really difficult, you might want to make it easier. Remember, this is YOUR goal, and it's OK to change it in order to be more successful.

MY VEGETABLE AND FRUIT GOAL:

WEEK 1

How did I do? Should I make adjustments or stay the course?

WEEK 2

How did I do? Should I make adjustments or stay the course?

WEEK 3

How did I do? Should I make adjustments or stay the course?

WEEK 4

How did I do? Should I make adjustments or stay the course?

FINAL REFLECTION

Did I eat more vegetables and fruits this month? What can I do to continue eating health-enhancing vegetables and fruits?