Colorful Choices FAQ

Do I have to get 5 servings of each fruits and vegetables or a total of 5 servings combined?

You only need a total of 5 servings combined between fruits and vegetables, e.g. 2 fruits and 3 vegetables, or 3 fruits and 2 vegetables, etc.

Do I have to get 5 servings everyday or can I get 7 one day and 3 the next?

A minimum of 5 servings per day is recommended, but most people of all ages need 7-9 servings every day to maintain optimum health. If you are low one day it is ok to eat more the next to make up for it. Your goal is to get at least 100 servings in 20 days.

How do I know what is a serving?

Some general guidelines are: 1 serving = ¼ cup dried fruit, ½ cup fresh fruit, or raw chopped or cooked vegetables, ¾ cup (6 ounces) juice, or a medium size piece of fresh fruit (about the size of a tennis ball). Visit MyPlate.gov and click on “Food Groups”, then either "Fruits" or "Vegetables", and then "How Much is Needed?" or "What Counts as a Cup?" for more information.

Do only fresh fruits/vegetables count?

No, you may count fresh, frozen, canned, dried or juices.

What if I don’t eat a variety of colors? Can that still count?

The log sheet will help you determine if you are getting a variety of colors. Eating a variety will better support your health, but you can still count all the servings that you eat.

How do I keep track of servings day to day?

Print off the log form (pdf) and record number of fruits and veggies daily.

Where and when do I turn in my log form?

You do not need to turn in your log form. Those are for your tracking records only. At the end of the 20 day program, you will receive an email that contains a link to an evaluation. Complete the evaluation to receive a lunch bag. If you reach the goal of 100 servings in 20 days, you will also be entered in a drawing for a variety of prizes!

What if I get sick during the program? Can I still participate?

Yes, even if you miss a couple of days you can participate.