Wellness Rewards Challenge:
Fruits & Vegetables

Fruits & Vegetables is a four week challenge designed to increase daily consumption of fruits and vegetables. Participants award themselves one point for each serving of fruit or vegetables they consume. The goal is to reach 100 points after 4 weeks.

**One Serving of Fruit/Vegetables Equals:**

- 1 cup of fruit (Example: 1 small apple or 1 large banana)
- 1 cup of 100% fruit juice (Example: 8-ounce glass of orange juice)
- 1/2 cup of dried fruit (Example: 1 small box of raisins)
- 1 cup of raw or cooked vegetables (Example: 1 large ear of corn or 1 medium potato)
- 1 cup of 100% vegetable juice (Example: 8-ounce glass of tomato juice)
- 2 cups of raw leafy vegetables (Example: 1 side salad)