

Your Name: _____



The Super Crew®

Fruit & Veggie Sticker Tracker

Be a Super Crew Star by tracking your fruit and veggie produce stickers! Fruits and vegetables contain a lot of what the Super Crew calls fight-o-chemicals which fight off viruses, bacteria and diseases like cancer. They also contain vitamins and nutrients that make our bodies grow strong and healthy!

Let's Stick Together to Stay Healthy!

Directions: Ready, set, stick! Every day for a week peel off the stickers on fresh fruits and vegetables that you and your family eat and stick them into the circles. For jarred, canned or frozen produce, fill circles with the color of the vegetables and fruits you eat. Then next month try it again and see if you can out stick the previous month!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

The Super Crew's Top 10 Ways to Boost Your Fruit and Veggie Intake:

- 1 Eat fruits and vegetables for an appetizer. If you eat them while you're hungry, you'll eat more.
- 2 Put fresh fruit like banana slices, berries or chopped apples into your breakfast cereal or oatmeal.
- 3 Use avocado on your sandwich as a spread instead of butter or mayo.
- 4 Take frozen fruits right out of the bag and place them into an on-the-go container. Frozen chopped mango, pineapple pieces or raspberries taste great super cold! Frozen peas and corn are great options too.
- 5 Make a black bean dip with low-fat Greek yogurt and serve it with pepper and cucumber slices or any of your favorites veggies.
- 6 Make your own pineapple or mango salsa. Dip in your favorite whole-grain cracker, whole-wheat pita wedges or blue and red baked tortilla chips. Or dip with cut-up veggies like celery or sliced bell pepper!
- 7 Add fruit as a topping to whole-grain pancakes, waffles or French toast.
- 8 Stuff your omelet with mushrooms, bell peppers, onions and spinach. The possibilities are endless!
- 9 Add chopped vegetables to your whole-grain pasta. Try chopped tomatoes, zucchini, mushrooms, eggplant or sautéed onions – yummy!
- 10 Chop up your favorite vegetables and add them to a salad. They will add crunch, more texture appeal and give you a boost of fight-o-chemicals!



Visit www.aicr.org and www.superkidsnutrition.com to learn how to make healthy eating and living choices and for more fun activities with the Super Crew.