

STRIVE FOR 5



Try to eat at least 5 servings of fruits and vegetables each day. Why? Because studies show that fruits and vegetables are critical to promoting a healthy body. They lower your risk of cancer, stroke, and health disease. Fruits and veggies are also low in calories and high in fiber, therefore they can help control your weight. Fresh, frozen, or canned fruits and veggies count.

HOW IT WORKS

The goal of this challenge is to eat at least 2 servings of fruits and 3 servings of vegetables each day. Each serving = 1 point. If your total points for the month are 80 or greater, you will earn a \$20 HRA contribution!

WHAT COUNTS AS A SERVING?

- ▶ 1 small apple
- ▶ 2 cups of shredded lettuce
- ▶ 1 large orange
- ▶ 2 large or 3 medium plums
- ▶ 1 medium potato
- ▶ 12 baby carrots
- ▶ 1 large sweet potato
- ▶ 2 large stalks of celery
- ▶ 8 large strawberries
- ▶ 1 large ear of corn
- ▶ 1 medium pear
- ▶ 1 medium grapefruit

Max points/day: 7

HOW TO TRACK YOUR POINTS

- ▶ Go to mytuftshealthplan.com
- ▶ Start Living a Healthy Lifestyle
- ▶ Progress
- ▶ Challenges

You can use the paper tracking form for convenient daily tracking, but you must enter your activity and points on mytuftshealthplan.com daily or weekly to get credit. You will only get credit for points entered for the prior week (7 days) and will not be able to enter activity for days prior to that.

All points must be recorded online by July 7, 2018.

TRACK YOUR POINTS >>>

