

**GOAL COUPON 9: VARY YOUR VEGGIES EACH DAY - VARY THE COLORS, TEXTURES, AND NUTRIENTS!**



*Based on your calories, find your daily vegetable recommendation in the chart below. Vary your vegetable colors and textures each day. Select dark green, orange, beans, starchy, and others to meet your weekly recommendations.*

Calories	Daily Vegetable Recommendations	Weekly Colored and Textured Vegetable Recommendations				
	Total Vegetables /Day	Dark-Green	Orange	Dry Beans/Peas	Starchy	Other
1000	1 cup	1 cup	½ cup	½ cup	1 ½ cups	4 cups
1200	1 ½ cups	1½ cups	1 cup	1cup	2½ cups	4 ½ cups
1400	1 ½ cups	1 ½ cups	1 cups	1cup	2½ cups	4 ½ cups
1600	2 cups	2 cups	1 ½ cups	2 ½ cups	2½ cups	5 ½ cups
1800	2 ½ cups	3 cups	2 cups	3 cups	3 cups	6 ½ cups
2000	2 ½ cups	3 cups	2 cups	3 cups	3 cups	6 ½ cups
2200	3 cups	3 cups	2 cups	3 cups	6 cups	7 cups
2400	3 cups	3 cups	2 cups	3 cups	6 cups	7 cups
2600	3 ½ cups	3 cups	2 ½ cups	3 ½ cups	7 cups	8 ½ cups
2800	3 ½ cups	3 cups	2 ½ cups	3 ½ cups	7 cups	8 ½ cups
3000	4 cups	3 cups	2 ½ cups	3 ½ cups	9 cups	10 cups
3200	4 cups	3 cups	2 ½ cups	3 ½ cups	9 cups	10 cups

**GOAL 9**  
Add a variety of colored vegetables to your diet according to your weekly recommendations.

Use these **GetFIT Helpful Connections** on the back of this coupon for different vegetables in the assorted categories and tips to include more veggies in your diet.

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