

# HEALTHY VEGETABLE LIFE CHALLENGE

- Eat at least 2 servings of **non-Starchy Veggies** 4 days/week
- 1 serving= roughly 1 fist size or 1 cup raw veggies, 1/2 cup cooked veggies.
- <https://diabetes.org/food-nutrition/reading-food-labels/non-starchy-vegetables>
- **Starchy Veggies that don't count: Potatoes & corn**
- Write the types of veggies eaten on the days you eat at least 2 servings.

AUG 4	AUG 5	AUG 6	AUG 7	AUG 8	AUG 9	AUG 10
AUG 11	AUG 12	AUG 13	AUG 14	AUG 15	AUG 16	AUG 17
AUG 18	AUG 19	AUG 20	AUG 21	AUG 22	AUG 23	AUG 24
AUG 25	AUG 26	AUG 27	AUG 28	AUG 29	AUG 30	AUG 31

Send your completed challenges to Kristina at [kloughborough@maconnc.org](mailto:kloughborough@maconnc.org) for 10 LIFE points.