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| **Exotic Fruit Challenge** |
| Tracking Form |
| NAME: |  |
| DEPT: |  |

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| **Pair some apples slices w/ low fat cheese.****10pts** | **Freeze lemon slices or berries in ice cubes and add to drinks.****7pts** | **Explore. Find out more about** [**Mangosteen**](http://www.fruitsandveggiesmorematters.org/mangosteen-nutrition-selection-storage) **by take a trip to your grocery store.****20pts** | **Fill half** [**your plate**](https://www.choosemyplate.gov/MyPlate) **with fruit and veggies.****10pts** | **Try some dried fruit (apricots, pears, peaches, cherries, nectarines).****7pts** |
| **Add your choice of fruit to your morning oatmeal, yogurt or waffle.****7pts** | **Try the** [**Apple-Banana Salad w/ Peanuts**](http://www.fruitsandveggiesmorematters.org/main-recipes?recid=1308&com=2) **Recipe.****15pts** | **Begin keep a Healthy Eating journal to keep track of your progress.****15 pts** | **Ever eaten Star Fruit? Learn the** [**nutrition facts**](http://www.fruitsandveggiesmorematters.org/health-benefits-of-fruits-vegetables) **& try one!****25pts** | **If you have to eat out, know what** [**food choices**](file:///C%3A%5CUsers%5Cag04iw2%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CContent.Outlook%5CLFGV1UUG%5CIf%20you%20have%20to%20eat%20out%2C%20know%20what%20food%20choices%20are%20available%20that%20are%20healthy) **are available that are healthy.****7pts** |
| **Prepare a small container of fruit for work.****10pts** | **Make a fruit kabob for your after-lunch snack.****7pts** | **Prepare a fresh fruit salad.****10pts** | **Look up a** [**Guava**](http://www.fruitsandveggiesmorematters.org/guava) **recipe that interests you. Share the recipe w/ a co-worker.****25pts** | **Drink your fruit (and veggies). Blend carrot juice w/ a fruit juice.****12pts** |
| **Create a list of eating habits; identify any unhealthy habits you’d like to improve.****5pts** | **For your next office meeting, bring a variety of fresh fruit to share.****12pts** | **Find out** [**how many calories**](https://www.myfitnesspal.com/) **the fruit you're planning on eating contains.****12pts** | **Make a list of 5 fruits you have never eaten & strive to try each.****5pts** | **Add apples or grapes to chicken salad****10pts** |
| **Toss some mandarin oranges into your breakfast.****7pts** | **For a fruit salad w/ a kick, add some exotic fruits such as papaya, star fruit, and guava.****25pts** | **Eat each of these in one day: strawberry, mango, & apple.****15pts** | **Thread fruit chunks on skewers and grill on the barbecue or eat fresh for dessert.****12pts** | **Make a bowl of fruit a part of your office décor****10pts** |
| **Search your grocery store or local farmer’s market for Passion Fruit. Try one!****25pts** | **Try the** [**Power Berry Smoothie**](http://www.fruitsandveggiesmorematters.org/main-recipes?recid=1634&com=2) **Recipe.****15pts** | **Freeze grapes, mango chunks and banana pieces for a sweet. treat.****7pts** | **Try the** [**Dragon Fruit Smoothie**](http://www.fruitsandveggiesmorematters.org/main-recipes?recid=1644&com=2) **Recipe.****25pts** | **Switch your side of chips for a bowl of fresh fruit.****7pts** |

**Total Points=**