

#FGFEatsRealFood

6-week Nutrition Focus

FAQs and Tips

What foods count toward my gram total?

- **YES:** Fruits, including avocado, olives, and tomatoes.
- **YES:** Vegetables, including root vegetables like potatoes, and legumes like peas and beans.
- **YES:** Fruits & Veggies can be fresh, cooked, canned or frozen (see notes below).
- **YES:** Canned or Frozen Fruits & Veggies: IF, only ingredients listed are the fruit/vegetable, water, and spices. Drain all liquid before measuring/weighing.
- **NO:** Canned or Frozen Fruits & Veggies: IF ingredients listed include sugars, syrup, oils, preservatives, or processed fillers.
- **NO:** Dried fruits/vegs (even if the only ingredient is the fruit/veg), drinks (e.g. juice), commercially fried foods (e.g. French fries), nor derivatives like potato chips, corn chips, popcorn.
- **NO:** Grains nor nuts – you can still eat them, they just don't count towards your gram total.

What if I don't have a food scale?

That's OK! The gram number is intended to give you a measurable goal to work towards, so it's *best* to weigh if you can, but you can also estimate the total grams with the following guidance, and of course, using the #googlemachine! Keep the spirit of the focus in mind, which is to add more high quality fruits and veggies into your diet!

500g = ~3¾ cups | 600g = ~4½ cups | 700g = ~5¼ cups | 800g = ~6 cups

Average Weights:

- 1 Apple: 70-100g
- 1 Banana: 100-120g
- 1 Whole Medium Tomato: 120g
- 1 Medium Zucchini: 180-200g
- 1 Cup of Blueberries: 150g
- 1 Cup of Raspberries: 120g
- 1 Cup of Cucumbers: 140g
- 1 Cup of Potato: 140g
- Leafy Greens do not weigh much, but we encourage you to eat an unlimited amount!

Good, Better, Best Mentality:

While there is not a "perfect" plate, there are *good* options, *better* options, and *best* options to reach your gram total each day! Focus on a **diverse** plate at all meals, **colorful** options, and **in-season** items!

In Season Produce:

May: Apricots, Artichokes, Asparagus, Avocado, Beets, Chard, Cherries, Lettuce, Mangoes, Pineapples, Okra, Radishes, Strawberries, Zucchini,

June: Apricots, Blueberries, Cantaloupe, Cherries, Nectarines, Watermelon, Carrots, Celery, Cucumbers, Plums, Raspberries, Lemons, Honeydew, Oranges, Figs, Green Beans, Lettuce, Peppers, Potatoes, Onions, Tomatoes

Better Together!

- Post a recipe
- Share your garden
- Cheer on your fellow Farmgirls!
- Schedule a trip to the Farmer's Market
- Post a personal victory on social media! @Farmgirlfit #FGFEatsRealFood