

# #800gChallenge® | one sheet

- Eat 800 grams (g), by weight, of the fruits and/or vegetables of your choice a day.
- No foods are restricted or eliminated; continue to eat whatever other foods you want.
- Why? It's a simplified metric to hit those recommended "servings" of fruits and veggies that are associated with better health.

## Yes/No Index | *when in doubt, leave it out!*

Lots of fruits & veggies count that aren't listed here (e.g., apple, broccoli, etc.). These are just the most frequently asked items.

*these are a "yes"*

- ✓ Applesauce (if without added water, juice, and/or sugar)
- ✓ Avocado
- ✓ Baby food/squeeze packs (if without added water, sugar, oil, juice, and/or protein, etc.)
- ✓ Beans, lentils, and legumes
- ✓ Canned food (if canned in water and weighed drained)
- ✓ Coconut (if the fresh meat)
- ✓ Corn (as frozen kernels or corn on the cob)
- ✓ Edamame (if not dried)
- ✓ Fermented/pickled foods (if the brine doesn't include sugar)
- ✓ Guacamole (if the ingredients are only fruits and veggies. See "Recipes" in the next column)
- ✓ Hummus (yes if homemade, no if store-bought. See "Recipes" in this column)
- ✓ Olives
- ✓ Peas
- ✓ Potatoes (if they are not commercially fried. See "Recipes" in this column for things like mashed potatoes)
- ✓ Recipes - you can count qualifying fruits and veggies in recipes if you can weigh before mixing; just estimate your portion
- ✓ Salsa (if without added water, oil, juice, and/or sugar. See "Recipes" in this column)
- ✓ Smoothies (usually homemade can count. See "Recipes" in this column)
- ✓ Tomato sauce/diced tomatoes (if without added water, oil, juice, and/or sugar)

*these are a "no"*

- ✗ Cornmeal
- ✗ Dried anything (including fruit, veggie chips, coconut flakes)
- ✗ Juices or milks of any kind
- ✗ Commercially fried anything like french fries or tempura
- ✗ Flours regardless of source (e.g., chickpea)
- ✗ Grains of any kind (e.g., quinoa, buckwheat)
- ✗ Nuts including peanuts (a legume) & seeds
- ✗ Pasta (like bean pasta or made from isolated fiber)
- ✗ Pickles (assuming the brine includes sugar)
- ✗ Popcorn
- ✗ Store-bought items made with fruits or veggies but also pre-mixed with juice, water, oil, sugar (such as smoothies, soups, sauces, hummus, etc.)
- ✗ Tofu



## #ItsNotTheFruit

Fruit does not have too much sugar! Eight-hundred grams of mixed fruits & veggies is about 400-500 calories. As shown here, even more than 1,000 grams of fruit is only 550 calories!



**550 CAL**  
105g (weight)



**550 CAL**  
1,026g (weight)



*800 grams is ~6 cups (fists)*

## Simplified How-To

1) USE A SCALE & WEIGH THE EDIBLE PORTION

\*can be cooked, canned (drained), frozen, or fresh

2) ESTIMATE, IF NECESSARY

\*OK when on the road/out to eat: 1 closed fist ~130g, except leafy greens ~25g

3) TRACK TOTAL GRAMS

\*post-it note works fine!

4) HIT 800 GRAMS/DAY. REPEAT THE NEXT