The #800gChallenge™

The Challenge

- Eat a total of 800 grams (g) of fruits and/or vegetables a day.
- **No foods are restricted during the challenge** but only fruits and vegetables count towards the 800g total.
- Total calories (and macronutrient grams) are up to the individual based on their fruit and vegetable choices, as well as the other foods in their diet.
- **Why?** It's a simplified metric to hit those recommended "servings" of fruits and veggies that are associated with better health.

How Much is 800 Grams?

- 800g can fit on a standard dinner plate (see right).
- It is also approximately 6 cups (see below), and as many leafy greens as you want.

The Benefits of the Method

- **Preference Flexibility.** The user chooses the fruits and veggies they eat. Low-carb, high-carb, all fruit, Paleo-perfect, whatever!
- **Pushes Out Poorer Choices.** While “anything goes” in the diet, the user does have to make better choices throughout the day to hit 800 total grams.
- **Allows for Optimization.** The user can optimize the tool by maximizing diversity in their choices and/or can overlay the 800g target on specific macronutrient goals.
- **Accepts Imperfection.** Few people can adhere to a 100% perfect diet forever and it is questionable how necessary that is.
- **Sustainable.** Due to the flexibility, the lack of “no” foods, and the minimal tracking burden, applying the 800g rule is a sustainable daily check for healthy eating.

The #800gChallenge in 6 cups

- 146g
- 41g
- 160g
- 140g
- 120g
- 114g

821g total
118g carb

Clarifications

- Avocado: A fruit! Count it.
- Coconut: A fruit! Count it if you eat it as the fresh meat. Liquid (milk and juices) and dried (flakes) coconut products do not count.
- Corn: As in corn on the cob or whole kernels, count it! Corn derivatives (i.e., cornmeal, popcorn) do not count.
- Fermented/pickled foods (e.g., kimchi, sauerkraut, pickles): If it is just vegetables and weighed (relatively) drained, these count. If the brine includes sugar, it does not count.
- French fries: **Commercially fried anything is out for the 800g total.** Cut up potatoes roasted at home are fair game.
- Legumes (beans) and peas: Except for peanuts, count them!
- Olives: A fruit! Count them.
- Nuts: Do not count towards your total.
- Tomato derivatives (e.g., salsa, tomato sauce): If the entire ingredient list is vegetables and spices, count it. Products that include water, oil, and/or sugar do not count.

The Nitty-Gritty

- **You must be able to weigh the food as a standalone or unprocessed item.** It does not matter if the item is cooked, canned, frozen, or fresh.
- **Dried fruits/vegetables and juices** do not count towards the total.
- You cannot count fruits or vegetables in processed or packaged foods. Potatoes as potato chips, peas in a chicken pot pie, apples in an apple pie, do. not. count.
- You can count fruit and vegetables you weigh before making a recipe applied to the serving you consume (i.e., veggies in a chili, ingredients for blending in a smoothie).
- Canned items are ok if in water and/or spices only and weighed drained.
- Refuse (peels, cores, or skins) that are not consumed should not be included.
- The expectation is that you weigh and measure at home, work, etc. You can eyeball fruit and vegetable servings from restaurants. Use a restaurant’s website nutrition information where available. Notes: leafy greens do not weigh much (~25g a cup) and most restaurant vegetable portions are ~75-85g.
- Do not worry about the oil contribution when weighing cooked items.

You can cheat any diet or system: when in doubt, do not count it.

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