

#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"

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



these are a "no"

- X Cornmeal
- X Dried anything (including fruit, veggie chips, coconut flakes)
- X Juices or milks of any kind
- X Commercially fried anything like french fries or tempura
- X Flours regardless of source (e.g., chickpea)
- X Grains of any kind (e.g., quinoa, buckwheat)
- X Nuts including peanuts (a legume) & seeds
- X Pasta (like bean pasta or made from isolated fiber)
- X Pickles (assuming the brine includes sugar)
- X Popcorn
- X Store-bought items made with fruits or veggies but also pre-mixed with juice, water, oil, sugar (such as smoothies, soups, sauces, hummus, etc.)
- X 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
*Use a sticky note or [test out the Three Pillars Method® app!!](#)
- 4) HIT 800 GRAMS/DAY. REPEAT THE NEXT