

The #800gChallenge®

THE CHALLENGE

- Eat 800 grams (g) of fruits and/or vegetables, by weight, a day.
- No foods are restricted during the challenge but only fruits and vegetables count towards the 800g total.
- Why? It's a simplified metric to hit those recommended "servings" of fruits and veggies that are associated with better health.
- Benefits: 1) it's inclusive by allowing for user food preferences and optimization (high-carb, low-carb, keto, paleo, etc.); 2) it drives high-quality eating by pushing out poorer choices; and 3) it accepts imperfection in the diet.



BUT, HOW MUCH IS 800 GRAMS?



- It fits on a standard dinner plate (see above).
- Total volume is ~6 cups (see left) plus as many leafy greens as you want.
- Carbs can range from 40-200g/day depending on user choices.

READ ME! YES/NO FOODS

- 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. Cut up potatoes roasted at home are fair game.
- Grains (like quinoa and buckwheat) do not count.
- 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. Any products that include water, oil, and/or sugar do not count.

THE NITTY-GRITTY RULES

- 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 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 info where available; 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. •

THE SCORING

8 Possible Points/Day

- 800g+: 4 Points
- Workout: 1 Point
- Diversity: 2 points

*Must first hit 800g. If your 800g was from 6+ items (each item >25g)

Important!
- Bonus: 1 point

*Must first hit 800g. If your 800g included the bonus item (changes weekly)

*Scores of 2 or 3 are not possible!
You must hit 800g before getting diversity or bonus points.*