



WHAT'S A SERVING?

FRUITS

4 servings per day

ONE MEDIUM FRUIT



= About the size
of your fist

FRESH, FROZEN OR CANNED



= 1/2 CUP

DRIED



= 1/4 CUP

FRUIT JUICE



= 1/4 CUP

VEGETABLES

5 servings per day

RAW LEAFY VEGETABLE



= 1 CUP

FRESH, FROZEN OR CANNED



= 1/2 CUP

VEGETABLE JUICE



= 1/2 CUP

*based on a 2,000 calorie eating pattern

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

FRUITS

- Apple, pear, orange, peach or nectarine: 1 medium
- Avocado: Half of a medium
- Banana: 1 small (about 6" long)
- Grapefruit: Half of a medium (4" across)
- Grape: 16
- Kiwifruit: 1 medium
- Mango: Half of a medium
- Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe
- Pineapple: 1/4 of a medium
- Strawberry: 4 large

VEGETABLES

- Bell pepper: Half of a large
- Broccoli or cauliflower: 5 to 8 florets
- Carrot: 6 baby or 1 whole medium (6 to 7" long)
- Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long)
- Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)
- Potato: Half of a medium (2 1/2 to 3" across)
- Squash, yellow: Half of a small
- Sweet potato: Half of a large (2 1/4" across)
- Zucchini: Half of a large (7 to 8" long)