

WHAT'S A SERVING

FRUITS

4-5 servings per day

- ONE MEDIUM FRUIT *servicing size*



- FRESH, FROZEN OR CANNED FRUIT



- DRIED FRUIT



- FRUIT JUICE



VEGETABLES

4-5 servings per day

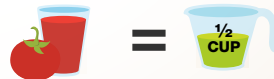
- RAW LEAFY VEGETABLE *servicing size*



- FRESH, FROZEN OR CANNED VEGETABLE



- VEGETABLE JUICE



*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. Find the approximate serving sizes for some of your favorites:

FRUITS

Apple, pear, orange, peach or nectarine:
1 medium

Avocado: Half of a medium

Banana: 1 small (about 6 inches long)

Blackberry, blueberry: 8-10 medium to large

Grapefruit: Half of a medium (4 inches 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

Plum: 1 large

Strawberry: 4 large

VEGETABLES

Bell pepper: Half of a large

Broccoli or cauliflower: 5-8 florets

Carrot: 6 baby or 1 whole medium (6-7 inches long)

Celery: 1 stalk

Corn: 1 small ear (6 inches long) or half of a large ear (8 to 9 inches long)

Cucumber: 1/4 of a medium (8 to 9 inches long)

Green bean: About 19-20

Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)

Potato: Half of a medium (2 1/2 to 3 inches across)

Squash, yellow: Half of a small

Sweet potato: Half of a large (2 1/4 inches across)

Zucchini: Half of a large (7 to 8 inches long)