



## *FRUIT & VEGETABLE CHART*

Earn up to 100 bonus steps (10 bonus steps per serving) a day just for eating your fruits and vegetables. Here are some typical serving sizes for fruits and vegetables:

### VEGETABLES

- Asparagus, fresh – 5 spears
- Baked Beans – ½ cup
- Broccoli – 2 large florets
- Carrots – 1 large
- Celery – 3 sticks
- Mixed Salad – 1 cup
- Peas, fresh, frozen or canned – ½ cup
- Lettuce – 1 cup
- Snowpeas – handful
- Spinach, cooked – ½ cup
- Sweetcorn, fresh, frozen or canned – ½ cup
- Tomato – 1 medium
- Vegetable Sticks – handful of mixed – celery, pepper, carrot, etc.
- Zucchini – half a large one

### FRUIT

- Apple, dried – 4 rings
- Apple, fresh – 1 medium
- Banana – 1 medium
- Clementines – 2
- Cherries, fresh – 14
- Kiwi – 2
- Grapefruit – half
- Grapes - handful
- Mango – 2 slices
- Melon – 1 large slice
- Peach, fresh – 1 medium
- Pear – 1 medium
- Pineapple, canned – 2 rings
- Pineapple, fresh – 1 large slice
- Plums – 2 medium
- Nectarine – 1 medium
- Raisins – ¼ cup
- Raspberries – 2 handfuls
- Strawberries – 7