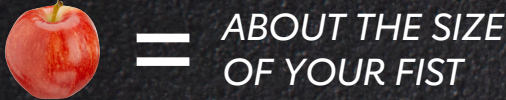




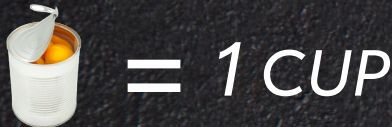
WHAT'S A SERVING?

FRUITS 2 cups per day

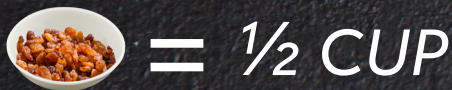
ONE MEDIUM FRUIT



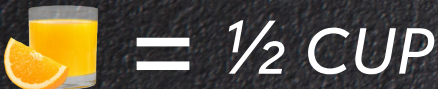
FRESH, FROZEN OR CANNED



DRIED



100% FRUIT JUICE



VEGETABLES 2½ cups per day

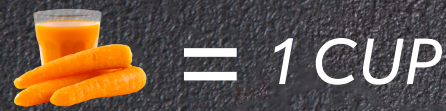
RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED



100% VEGETABLE JUICE



These recommendations are daily goals based on a 2,000-calorie/day eating pattern.

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Some examples of 1 cup-equivalent serving sizes include:

FRUITS

- Apple, pear, orange, peach or nectarine: 1 medium
- Banana: 1 large
- Grapefruit: 1 medium (4" across)
- Grape: 22
- Kiwifruit: 2 to 3
- Strawberry: 8 large

VEGETABLES

- Bell pepper: 1 large
- Carrot: 12 baby or 2 whole medium (6" to 7" long)
- Corn: 1 large ear (8" to 9" long)
- Leafy vegetable: 2 cups raw or 1 cup cooked (lettuce, kale, spinach, greens)
- Potato: 1 medium (2 ½" to 3" across)
- Sweet potato: 1 large (2 ¼" across)

EAT SMART MOVE MORE BE WELL

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