

Serving Size

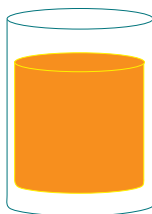
Get the vitamins
and minerals you
need from fruits
and vegetables!!

1 cup fruit =



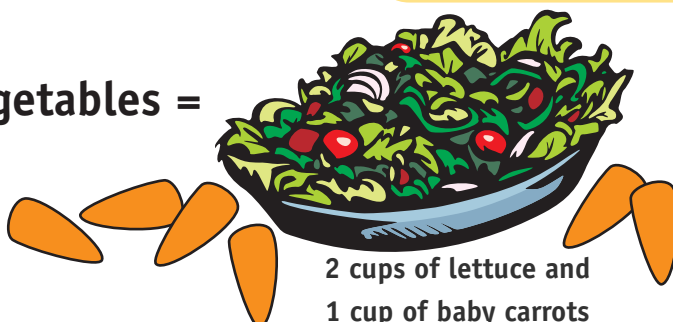
1 Small Apple

1 cup fruit =



1 cup 100% fruit juice

2 cups vegetables =



2 cups of lettuce and
1 cup of baby carrots

- Aim for 2 cups from the fruit group and 2½ cups from the vegetable group.
- 1 cup from vegetable group = 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of raw, leafy greens can be considered as 1 cup from the vegetable group.
- 1 cup from the fruit group = 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit.
- Choose a variety of different fruits and vegetables.

Tasty ways to increase your fruit and vegetable intake:



Make smoothies using fresh fruit ingredients and low-fat yogurt.

Snack on fresh vegetables with your favorite salad dressing.

Eat fresh fruits with low-fat salad dressing or your favorite flavor of low-fat yogurt for dipping.

Diets rich in fruits and vegetables contain fiber and essential vitamins and minerals that lower risk of heart disease, help maintain healthy blood pressure, keep eyes and skin healthy, help heal cuts and wounds and decrease risks of having a child with brain or spinal cord defects.

Fiber

Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease.

Excellent vegetable sources:
Navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black-eyed peas, lentils, artichokes

Folate

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

Excellent vegetable sources:
Black-eyed peas, cooked spinach, great northern beans, asparagus

Potassium

Diets rich in potassium may help to maintain a healthy blood pressure.

Good fruit and vegetable sources:
Sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

Vitamin A

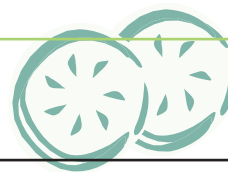
Vitamin A keeps eyes and skin healthy and helps protect against infections.

Excellent fruit and vegetable sources:
Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

Vitamin C

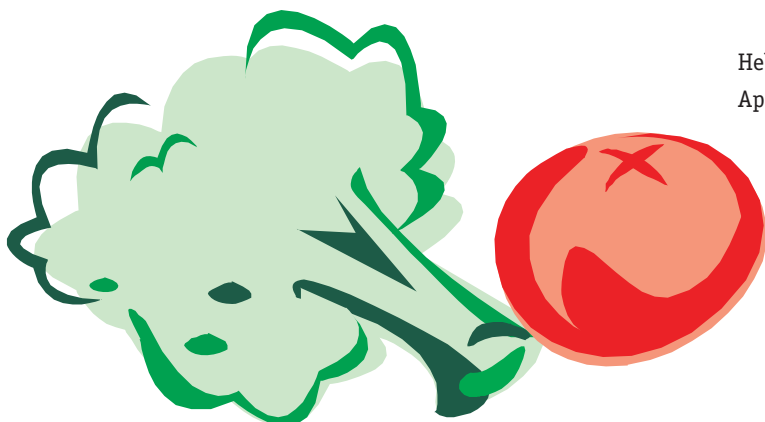
Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.

Excellent fruit and vegetable sources:
Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower



HOW MUCH DO YOU NEED?

Calorie Level	1,600	2,000	2,400	2,600
Fruit	1.5 cups	2 cups	3 cups	3.5 cups
Vegetables	2 cups	2.5 cups	3 cups	3.5 cups



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