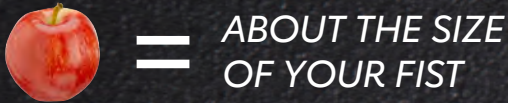




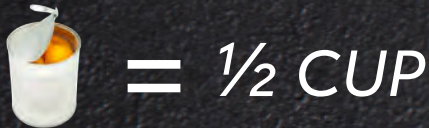
WHAT'S A SERVING?

FRUITS 4 servings per day

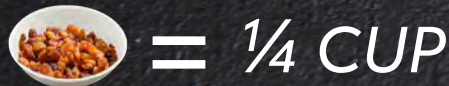
ONE MEDIUM FRUIT



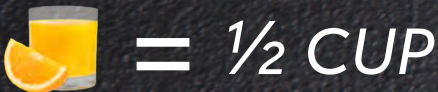
FRESH, FROZEN OR CANNED



DRIED

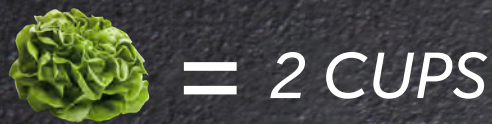


FRUIT JUICE

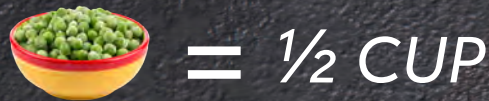


VEGETABLES 5 servings per day

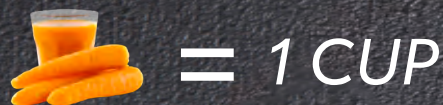
RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED



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. 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)

EAT SMART ADD COLOR MOVE MORE BE WELL

#HEALTHYFORGOOD
LEARN MORE AT [HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthyforgood).