WHAT'S A SERVING?

**FRUITS**
4 servings per day

ONE MEDIUM FRUIT

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: ¼ of a medium
Strawberry: 4 large

**VEGETABLES**
5 servings per day

RAW LEAFY VEGETABLE

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 ½ cup cooke(lettuce, kale, spinach, greens)
Potato: Half of a medium (2½ to 3” across)
Squash, yellow: Half of a small
Sweet potato: Half of a large (2¼” across)
Zucchini: Half of a large (7 to 8” long)

*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:

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