FRUITS & VEGETABLES

TRY FOR 4-5 SERVINGS OF EACH PER DAY.*

WHAT COUNTS AS A SERVING?

**FRUITS**

One Medium Fruit

= 1 CUP

Fresh, frozen or Canned Fruit

= ½ CUP

Dried Fruit

= ¼ CUP

Fruit Juice**

= ½ CUP

**VEGETABLES**

Raw Leafy Vegetable

= 1 CUP

Fresh, frozen or Canned Vegetable

= ½ CUP

Vegetable Juice**

= ½ CUP

*Recommended daily goal based on 2,000 calorie/day eating pattern.

**Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

HEART.ORG/ADDCOLOR

©2016, American Heart Association 8/16DS11286