



## HOW MUCH IS A CUP?

1 Cup of Raw or Cooked Vegetables



2 Cups of Leafy Greens



1 Medium Size Fruit



1/2 Cup of Vegetable Juice



1 Cup of 100% Fruit Juice



1/2 Cup of Dried Fruit



1 Cup of Fresh, Frozen, or Canned Fruit



## FRUITS AND VEGETABLES

Fruits and vegetables have the nutrients your body needs to stay healthy. According to the USDA, eating plenty of fruits and vegetables can assist with weight management, reduce the risk of heart disease, including heart attack and stroke, protect against certain types of cancer, and overall increase the intake of important nutrients like fiber, vitamins and minerals.

### HOW MUCH DO I NEED?

The amount of fruits and vegetables you need depends on many factors like age, sex, height, weight and physical activity or if you are pregnant or breastfeeding. For general guidance based on your age, you can visit [ChooseMyPlate.gov](https://www.choosemyplate.gov) to find your daily goals.

### WHAT KINDS OF FRUITS AND VEGETABLES SHOULD I EAT?

To reap all the benefits of healthy nutrients, plan to eat a variety of fruits and vegetables each day. Make half your plate at meals a range of colorful fruits and vegetables or enjoy them as a snack.

**Include any form of unsweetened fruits as well as vegetables from all the vegetable subgroups.**

- seasonal fresh fruits
- dark green, red, and orange vegetables; beans and peas; starchy types; and other vegetables
- frozen fruits and vegetables
- canned fruit packed in water or natural juices
- low or reduced-sodium canned vegetables or juice
- 100% fruit juice in moderation; fruit juice can have up to 2 times the amount of calories as a single piece of fruit and little or no dietary fiber