

What is a serving of fruit or vegetable?

Fruits:

- 1 serving = **a medium sized whole fruit**, about the size of your fist
- 1 serving **chopped fruit, berries, or fruit juice = 1 cup**, about the size of your fist
- 1 serving **dried fruit = 1/2 cup**, about the size of your first and middle finger coiled with your thumb

Vegetables:

- 1 serving of **cooked vegetables = 1 cup**, about the size of your fist
- 1 serving **raw leafy greens = 2 cups**, about two big handfuls (salad greens, spinach, kale, chard, watercress)
- 1 serving **raw non-leafy vegetables = 1 cup**, about the size of your fist (carrots, zucchini, broccoli, celery, mushrooms)



How many servings should I have each day?

The amount of fruits and vegetables you should consume each day is based on your individual needs and depends on gender, age, health status, activity level, and body size.

The USDA recommends the average healthy adult consume about **2 servings of fruit and 3-6 servings of vegetables** each day to stay healthy. They encourage eating a variety of vegetables, especially dark leafy greens, red and orange vegetables, and beans and peas.

If you have an inflammatory condition, are at risk for cardiovascular disease or cancer, or want to feel more vital, your need increases to **10 servings of fruits and vegetables per day**.

Note: If you are taking certain medications, like blood thinners, consult your physician.

Easy ways to increase your fruit and vegetable intake:

- ❖ Aim to fill $\frac{1}{2}$ your plate with vegetables at meals and include vegetables in a snack.
- ❖ Have a fruit at breakfast and for a snack or dessert.

When you prepare a meal, chop up extra vegetables to incorporate into other dishes throughout the week. Examples:

- Sautéed peppers, onions, and mushrooms in fajitas can also be used in a stir fry or served with a fried egg at breakfast
- Chopped up celery, cauliflower, carrots, and zucchini can be added to soups or salads and bagged up for snacks later in the week.

Infuse sauces with vegetables. Example:

- Add a variety of finely chopped vegetables into a basic tomato sauce or top dishes with pesto

Frozen vegetables work well as additions to soups, stews, and ramen.

To reduce preparation time, purchase precut vegetables.

When eating out:

- with a friend or family share a side salad and French fries so you can have a little of both
- Choose a vegetable soup and half a sandwich
- Go to the salad bar at your local supermarket

