**FRUITS** 4 servings per day

**ONE MEDIUM FRUIT**

= ABOUT THE SIZE OF YOUR FIST

**FRESH, FROZEN OR CANNED**

= ½ CUP

**DRIED**

= ¼ CUP

**FRUIT JUICE**

= ½ CUP

**VEGETABLES** 5 servings per day

**RAW LEAFY VEGETABLE**

= 2 CUPS

**FRESH, FROZEN OR CANNED**

= ½ CUP

**VEGETABLE JUICE**

= 1 CUP

*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: ¼ 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 ½ cup cooked
  (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)

**EAT SMART ADD COLOR MOVE MORE BE WELL**

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