



Three simple steps to eating more fruits and vegetables.

Eating a variety of fruits and vegetables every day is healthy for you. They have vitamins and minerals that can help protect your health. Most are also lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

1 Find out how many fruits and vegetables you need to eat every day.

Women

AGE	FRUITS	VEGETABLES
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups



Men

AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2½ cups



Girls

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups



Boys

AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups


















These amounts are for less active people. More active people need SLIGHTLY greater amounts.

2

Learn what 1 cup and ½ a cup look like.

EACH COUNTS AS 1 CUP

		
1 small apple	1 large banana	1 medium grapefruit
		
1 large orange	1 medium pear	1 small wedge watermelon
		
2 large or 3 medium plums	8 large strawberries	1 large bell pepper
		
1 medium potato	2 large stalks of celery	1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens)
		
12 baby carrots (or 2 medium carrots)	1 large sweet potato	1 large ear of corn






EACH COUNTS AS 1/2 CUP

		
1 snack container of applesauce (4oz)	16 grapes	1 medium cantaloupe wedge
		
1/2 medium grapefruit	4 large strawberries	5 broccoli florets
		
6 baby carrots	1 large plum	1 small box (1/4 cup) of raisins





3 See how you can add fruits and vegetables into your day as part of a healthy diet.

BREAKFAST	Add some fruit to your cereal.	
SNACK	Grab a piece of fruit.	
LUNCH	Eat a big salad.	
SNACK	Choose raw vegetables as an afternoon snack.	
DINNER	Have two vegetables with dinner and eat fruit for dessert.	

Enjoy a colorful variety of fruits and vegetables (including beans). Fresh, frozen, canned, and dried all count.



Equal opportunity programs

For more healthy eating information contact the University of Maryland Cooperative Extension Office in Baltimore County at 410-666-0445.

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