



What Counts 5 A Day Fruits and Vegetables



What's a Serving?

One serving size is defined as:

- 1 medium fruit or 1/2 cup of small or cut up fruit
- 3/4 cup (6 oz) 100% fruit or vegetable juice
- 1/4 cup dried fruit (raisins, apricots, dates)
- 1/2 cup raw or cooked vegetables
- 1 cup raw leafy vegetables (lettuce, spinach)
- 1/2 cup cooked beans or peas (lentils, pinto beans, black beans, chick peas, kidney beans)

It's easy to eat 5 servings a day if you remember to eat at least 1 serving of the following:

A **vitamin A** rich fruit or vegetable daily (apricots, cantaloupe, carrots, mango, pumpkin, spinach, sweet potato, romaine lettuce, mustard greens, winter squash, kale, collards)

A **vitamin C** rich fruit or vegetable daily (oranges, grapefruit, kiwi, apricots, broccoli, cauliflower, pineapple, cantaloupe, papaya, strawberries, tomatoes, Brussels sprouts, peppers, collards, mango, plum)

A **high or good fiber** source daily (apple, banana, berries, cooked beans like kidney, lima pinto, lentils, black-eyed peas, peas, figs, prunes, sweet potato, carrots, corn, cherries, kiwi, pear, dates, orange)

A **cruciferous** (cabbage family) vegetable daily (bok choy, broccoli, Brussels sprouts, cabbage, cauliflower)

Tips for Getting Your 5 a Day

For Breakfast

- Drink a glass of juice
- Add fruit to cereal
- Top pancakes with fruit
- Make a fruit and yogurt shake
- Have a bowl or piece of fruit





For Lunch

- Add lettuce, sprouts and tomato to sandwiches
- Eat a piece of fresh fruit
- Carry cut up veggies in your brown bag lunch

For A Snacks

- Have grapes or raisins
- Take dried fruit to work
- Cut up Veggies make a great snack
- Drink a can of vegetable juice
- Eat a piece of fruit (apple, pear, orange)

For Dinner

- Have a vegetable dish as an appetizer
- Add 2 servings of vegetables to your main dish instead of 1
- Have a tossed salad
- Use fruits as a garnish
- Add veggies to main dish recipes
- Have fruit for dessert

What Doesn't Count

Fruits and vegetables that have a majority of the calories coming from added fat and/or sugar do not count.

The following is a list of fruits and vegetables are good choices:



Fruit List

Serving Size

Apple	1 medium
Banana	1 medium
Blueberries	$\frac{1}{2}$ cup
Cherries	$\frac{1}{2}$
Dried Fruit	$\frac{1}{4}$ cup
Fruit Cocktail in Own Juices or Water	$\frac{1}{2}$ cup
Grapefruit	$\frac{1}{2}$ fruit
Grapes	20 grapes or $\frac{1}{2}$ cup
Kiwi	1 medium
Mango	$\frac{1}{2}$ mango or $\frac{1}{2}$ cup
Nectarine	1 medium
Orange	1 medium
Papaya	$\frac{1}{2}$ papaya
Peach	1 medium or $\frac{1}{2}$ cup
Pears	1 medium
Pineapple	$\frac{1}{2}$ cup chunks
Plums	1 medium
Raisins	$\frac{1}{4}$ cup
Raspberries	$\frac{1}{2}$ cup
Strawberries	$\frac{1}{2}$ cup
Tangerines	$\frac{1}{2}$ cup
Watermelon	$\frac{1}{2}$ cup



Vegetable List

Serving Size

Salad, Leafy Greens	1 cup
Artichoke, cooked	1 medium
Asparagus, cooked	$\frac{1}{2}$ cup or 6 spears
Bean Sprouts	1 cup
Beans, cooked	$\frac{1}{2}$ cup
Beets, cooked	$\frac{1}{2}$ cup
Broccoli	$\frac{1}{2}$ cup
Brussels Sprouts	$\frac{1}{2}$ cup
Cabbage	$\frac{1}{2}$ cup
Carrots	$\frac{1}{2}$ cup
Cauliflower	$\frac{1}{2}$ cup
Celery, cooked	$\frac{1}{2}$ cup
Celery, raw	1 stalk
Corn	$\frac{1}{2}$ cup
Cucumber, slices	$\frac{1}{2}$ cup
Eggplant	$\frac{1}{2}$ cup
Kale, cooked	$\frac{1}{2}$ cup
Lentils	$\frac{1}{2}$ cup
Lettuce or cabbage leaves	1 cup
Mushrooms, chopped	$\frac{1}{2}$ cup
Okra, chopped	$\frac{1}{2}$ cup
Onions, chopped	$\frac{1}{2}$ cup
Parsnips	$\frac{1}{2}$ cup
Peas	$\frac{1}{2}$ cup
Peppers	$\frac{1}{2}$ cup
Potato	1 medium
Pumpkin, mashed	$\frac{1}{2}$ cup
Squash	$\frac{1}{2}$ cup
Succotash	$\frac{1}{2}$ cup
Sweet potato	$\frac{1}{2}$ cup
Tomato, raw	1 medium
Zucchini	$\frac{1}{2}$ cup

