

Fruits & Vegetables

Choose a wide variety of whole fruits and vegetables for a huge assortment of vitamins, minerals, phytochemicals, and fiber. Select fresh, frozen, dried, or canned. Choose canned fruit packed in juice to avoid added sugar. Choose canned vegetables with reduced or low sodium levels. Try to include a fruit or vegetable with most snacks and all meals.

½ cup of fruit counts as:

- ½ cup raw, chopped, cooked, or canned fruit
- 1 small banana, peach, or orange
- 1 large plum or 16 seedless grapes
- ½ cup 100% fruit juice
- ¼ cup dried fruit

1 cup of vegetables counts as:

- 2 cups raw leafy vegetables
- 1 cup of other vegetables, cooked or chopped raw
- 1 cup 100% vegetable juice (choose less often)

