

# Fruits and Vegetables Serving Sizes



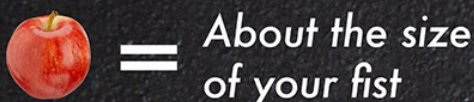
Healthy For Good™

## WHAT'S **A SERVING?**

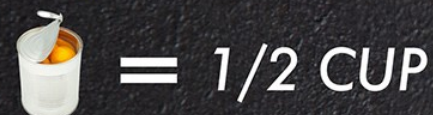
### FRUITS

4 servings per day

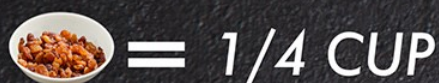
ONE MEDIUM FRUIT



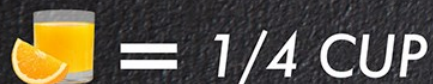
FRESH, FROZEN OR CANNED



DRIED



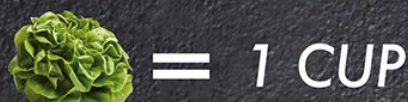
FRUIT JUICE



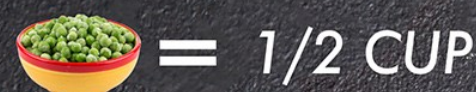
### VEGETABLES

5 servings per day

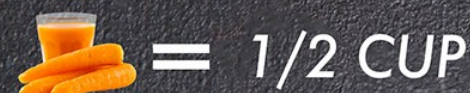
RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED



VEGETABLE JUICE



\*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: 1/4 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 1/2 cup cooked (lettuce, kale, spinach, greens)  
Potato: Half of a medium (2 1/2 to 3" across)  
Squash, yellow: Half of a small  
Sweet potato: Half of a large (2 1/4" across)  
Zucchini: Half of a large (7 to 8" long)

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

#HEALTHYFORGOOD  
LEARN MORE AT [HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthyforgood)

## Fruits & Vegetables

Try for 4-5 servings of each per day.\*

What counts as a serving?

### Fruits

One Medium Fruit

approximate size

Fresh, Frozen or Canned Fruit

½ CUP

Dried Fruit

¼ CUP

Fruit Juice\*\*

½ CUP

### Vegetables

Raw Leafy Vegetable

1 CUP

Fresh, Frozen or Canned Vegetable

½ CUP

Vegetable Juice\*\*

½ CUP

\*Recommended daily goal based on 2,000 calorie/day eating pattern.

\*\*Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 juice and water) instead of sweetened juice or juice drinks.