



Quick, Easy Tips to 5 A Day

What's a Serving?

What counts towards 5 A Day? All varieties of fruits and vegetables - fresh, frozen, canned, dried and 100 percent juice. A serving size is smaller than many people think.

The following are examples of servings:

- One medium-sized fruit (ex. apple, orange, banana, pear)
- 1/2 cup of raw, cooked, canned or frozen fruits or vegetables
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup cut-up fruit
- 1/2 cup cooked or canned legumes (beans and peas)
- 1 cup of raw, leafy vegetables (ex. lettuce, spinach)
- 1/4 cup dried fruit (ex. raisins, apricots, mango)

Be creative when eating your five servings of fruits and vegetables every day. And remember, 5 A Day is a minimum...5-9 is even better.