

Fruit and Vegetables

Fruit:

- Adults need about 2 cups of fruit every day.
- That amount can come from 100% fruit juice, fresh, canned, frozen, or chopped fruit.
- Fruit adds color, texture, and flavor to meals.
- Fruit has important vitamins like Vitamins A and C.
- Serve fruit with a dip, like low fat yogurt or peanut butter.
- Freeze 100% fruit juice in an ice cube tray or small paper cups for “fruit sicles.”
- Keep washed fruit available in easy-to-reach places for your children like a low shelf in the refrigerator.



Vegetables:

- Adults need 2½ cups of vegetables every day.
- That amount can come from raw, canned or cooked vegetables or vegetable juice.
- Vegetables add nutrients, color, and flavor to meals.
- Vegetables have important vitamins like Vitamins A and C.
- Keep cut-up vegetables, like carrots and celery sticks, in your refrigerator for a quick snack with low fat dip.
- Add vegetables to sandwiches, like sliced tomatoes and lettuce.
- Try low-fat or light salad dressings on salads.

Typical amounts in single portions:

- 6 ounces of 100% fruit or vegetable juice
- ½ cup chopped, canned, cooked fruit or vegetables
- 1 small piece of fruit
- ½ cup of fruit = ½ baseball