



American Heart Association.

Healthy for Good™

WHAT'S **A SERVING?**

FRUITS 2 cups per day

ONE MEDIUM FRUIT



ABOUT THE SIZE
OF YOUR FIST

FRESH, FROZEN OR CANNED



1 CUP

DRIED



1/2 CUP

100% FRUIT JUICE



1/2 CUP

VEGETABLES 2½ cups per day

RAW LEAFY VEGETABLE



2 CUPS

FRESH, FROZEN OR CANNED



1 CUP

100% VEGETABLE JUICE



1 CUP

These recommendations are daily goals
based on a 2,000-calorie/day eating pattern.

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Some examples of 1 cup-equivalent serving sizes include:

FRUITS

Apple, pear, orange, peach or
nectarine: 1 medium
Banana: 1 large
Grapefruit: 1 medium (4" across)
Grape: 22
Kiwifruit: 2 to 3
Strawberry: 8 large

VEGETABLES

Bell pepper: 1 large
Carrot: 12 baby or 2 whole medium (6" to 7" long)
Corn: 1 large ear (8" to 9" long)
Leafy vegetable: 2 cups raw or 1 cup cooked
(lettuce, kale, spinach, greens)
Potato: 1 medium (2 ½" to 3" across)
Sweet potato: 1 large (2 ¼" across)

EAT SMART MOVE MORE BE WELL

#HEALTHYFOR GOOD
LEARN MORE AT **HEART.ORG/HEALTHYFORGOOD.**