

## What is a serving of fruits \& vegetables?

All varieties of fruits and vegetables: fresh, frozen, canned, dried and juice count toward 5 a day, and a serving is smaller than most people think.

One serving is...

- One medium fruit such as an apple, orange or banana.
- 1/2 cup cut up fruit.
- 1/4 cup dried fruit.
- 3/4 cup or 6 ounces fruit or vegetable juice.
- $\quad 1 / 2$ cup raw or cooked vegetables.
- 1cup raw leafy vegetables.
- 1/2 cup cooked beans or peas.

KSTATE
Produced by the Family Nutrition Program within Family and Consumer Sciences, Cooperative Extension Service, Kansas State University, Manhattan, Kansas. This is an equal opportunity program. All educational programs and materials available without discrimination on the basis of color, national origin, age, sex, handicap, political beliefs or religion. If you believe you have been discriminated against, wnte immediately

## What is a serving of fruits \& vegetables?

All varieties of fruits and vegetables: fresh, frozen, canned, dried and juice count toward 5 a day, and a serving is smaller than most people think.

One senving is...

- One medium fruit such as an apple, orange or banana.
- 1/2 cup cut up fruit.
- 1/4 cup dried fruit.
- 3/4 cup or 6 ounces fruit or vegetable juice.
- 1/2 cup raw or cooked vegetables.
- 1cup raw leafy vegetables.
- 1/2 cup cooked beans or peas.
chIMTATE
Produced by the Family Nutrition Program within Family and Consumer Sciences, Cooperative Extension Service, Kansas State University, Manhattan, Kansas. This is an equal opportunity without discrimination on the basis of color naterials available sex, handicap, political beliefs or religion. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC 20250.


## What is a serving of fruits \& vegetables?

All varieties of fruits and vegetables: fresh, frozen, canned, dried and juice count toward 5 a day, and a serving is smaller than most people think.

One serving is...

- One medium fruit such as an apple, orange or banana.
- 1/2 cup cut up fruit.
- 1/4 cup dried fruit.
- 3/4 cup or 6 ounces fruit or vegetable juice.
- 1/2 cup raw or cooked vegetables.
- 1cup raw leafy vegetables.
- 1/2 cup cooked beans or peas.

TIKSTATE
Produced by the Family Nutrition Program within Family and Consumer Sciences, Cooperative Extension Service, Kansas State Consumer Sciences, Cooperative Extension Service, Kansas State program. All educational programs and materials available without discrimination on the basis of color, national origin, age, sex, handicap, political beliefs or religion. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC 20250

