

# Serving Sizes

## ...for Fruits & Vegetables

Incorporating 5 or more servings of fruits and vegetables into your diet daily can help you guard against high blood pressure, cardiovascular disease, and stroke.

Sound like a lot? It's easier than you think!

One serving of fruits or vegetables should fit within the palm of your hand. Many portions of fruits and vegetables are actually more than one serving. A large salad, for example, may add up to 2 or 3 servings!

### *If you measure it out, one serving is:*

- A small 6 ounce glass of 100% fruit or vegetable juice.
- A small banana, an orange, or a medium-sized apple.
- One cup of salad greens.
- A half cup of cooked vegetables, cut-up fruit, cooked beans or peas.
- A quarter cup of dried fruit.

**Still not sure how to get your 5 a day of fruits and veges? Spread it out!**

**Fruits and vegetables are great additions to any meal,  
and offer lots of options for snacking, as well.**

***You will feel good doing what is good for you!***