Everybody should eat a healthy diet rich in fruits and vegetables. But most adults need to eat more than children. And men need even more than women. Over 75% of all African Americans aren’t eating enough fruits and vegetables to keep them healthy.

How many fruits and vegetables do you need?

Most African Americans need to eat more fruits and vegetables every day.

- African American kids need to eat at least 2 more cups of fruits and vegetables a day to meet their needs.
- African American women need to eat 2½ more cups of fruits and vegetables a day to meet their needs.
- African American teenage boys and men need to eat 3 more cups of fruits and vegetables a day to meet their needs.