How much do I need?

look at this chart to find the amount of fruits and vegetables you need each day

	fruits	vegetables
children 2-3 years	1 cup	1 cup
children 4-8 years	1 to 1 1/2 cups	1 1/2 cups
children 9-13 years	1 1/2 cups	2 to 2 1/2 cups
teen girls 14-18 years women 19-50 years	1 1/2 cups to 2 cups	2 1/2 cups
teen boys 14-18 years men 19-50 years	2 cups	3 cups
women 51+ years	1 1/2 cups	2 cups
men 51+ years	2 cups	2 1/2 cups

Note: If you are very active, you will need to eat more fruits and vegetables.