






# Easy ways to eat more fruits and vegetables.

Eating your fruits and vegetables is a lot easier than you might think. One cup-equivalent of most fruits and vegetables is the amount that would fit in a measuring cup if chopped, or about 2 handfuls. The exceptions are raw leafy greens (2 cups count as 1 cup) or dried fruit ( $\frac{1}{2}$  cup counts as 1 cup).

**The following examples count as 1 cup:**

- 1 small apple
- 1 large banana
- 2 medium cantaloupe wedges
- 1 medium grapefruit
- 1 large orange
- 1 large peach
- 1 medium pear
- 2 large or 3 small plums
- 8 large strawberries
- 1 small watermelon wedge
- 2 small boxes of raisins or other dried fruit
- 3 spears of broccoli
- 1 cup of cooked greens or 2 cups raw  
(spinach, collards, mustard greens, turnip greens)
- 2 medium carrots or 12 baby carrots
- 1 large sweet potato
- 1 large ear of corn
- 1 medium potato
- 2 large stalks of celery
- 1 large bell pepper
- 1 large tomato
- $\frac{1}{2}$  can of beans

For example, a 35 year-old fairly active woman would need  $4\frac{1}{2}$  cups per day. The chart below shows what  $4\frac{1}{2}$  cups might look like.

MORNING	<p>1 large banana  1 cup</p>	
MID-DAY	<p> 1 cup</p> <p>2 cups of lettuce count as 1 cup of vegetables</p>	<p> 1 cup</p> <p>1 small apple</p>
EVENING	<p> <math>1\frac{1}{2}</math> cups</p> <p><math>\frac{1}{2}</math> cup broccoli</p>	<p> 1 cup</p> <p>1 cup sweet potato</p>

Fruits and vegetables are only one component of a healthy diet. In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs, and nuts. It is also low in saturated fats, trans fats, cholesterol, salt, and added sugars.