FRUIT

Five A Day Portion Sizes

TRY TO HAVE AT LEAST **FIVE** PORTIONS OF A VARIETY OF FRUIT **AND** VEGETABLES EVERY DAY

PORTION SIZE	FRUIT	PORTION SIZE	FRUIT
1/4 CUP		1 SLICE	
1/2 CUP		1 WHOLE	
1/2 PIECE		2 WHOLE	
1 WHOLE		2 WHOLE	
1 WHOLE		7 WHOLE	
1 WHOLE		12 PIECES	
1 WHOLE			

VEGETABLES

Five A Day Portion Sizes

TRY TO HAVE AT LEAST **FIVE** PORTIONS OF A VARIETY OF FRUIT **AND** VEGETABLES EVERY DAY

PORTION SIZE	VEGETABLES
1/4	PIECE
1/2	HALF
1/2	CUP
1	WHOLE
1	WHOLE
1	WHOLE
1	CUP

PORTION SIZE	VEGETABLES
1	CUP
1 1/2	WHOLE
2	WHOLE
2	STALKS
6	PIECES
10	PIECES