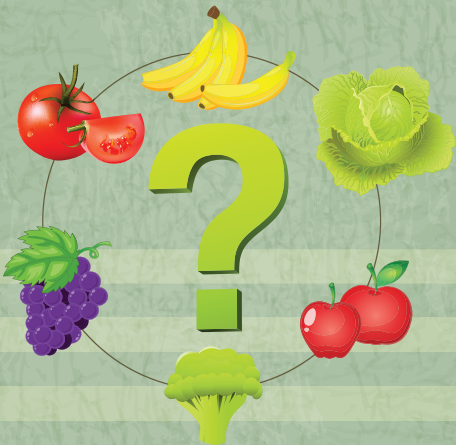


What's a Serving?



Fruit & Vegetable Serving Guide

"Eyeballing" Your Servings



Apple 1 small or 1/2 large apple	Apple Sauce 1/2 cup	Avocado 1/6 avocado	Asparagus 4 full spears
Banana 1 small or 1/2 large banana	Beans (legumes) 1/2 cup	Berries 1 cup	Beet 1 whole beet
Broccoli 1/2 cup (chopped)	Carrot 2 large or 6 baby carrots	Celery 2 large stalks	Cherries 1/2 cup
Cucumber 1/2 cucumber	Dragonfruit 1 whole dragonfruit	Eggplant 1 cup (chopped)	Fennel 1 whole bulb
Fig 1 whole fig	Grapes 1/2 cup	Grapefruit 1/2 grapefruit	Green Beans 1/2 cup
Kale 1 cup	Lettuce 1 cup	Leek 1 whole leek	Melon 1 cup (chopped)
Mango 1/2 mango	Nectarine 1 whole nectarine	Onion 1/2 onion	Papaya 1/2 papaya
Pear 1 small or 1/2 large pear	Pineapple 1 cup (chopped)	Pumpkin 1 cup	Plum 2 whole plums
Pepper 1 whole pepper	Peas 1/2 cup	Radish 1/2 cup	Raisins 1/4 cup
Rutabaga 1 cup (chopped)	Squash 1 cup (chopped)	Spinnach 1 cup	Tomato 1 whole tomato
Turnip 1 cup (chopped)	Watermelon 1 cup (chopped)	Yam 1/2 cup (chopped)	Zucchini 1 cup (chopped)

How Many Servings Do We Need?

Try to eat **5** Servings every day



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