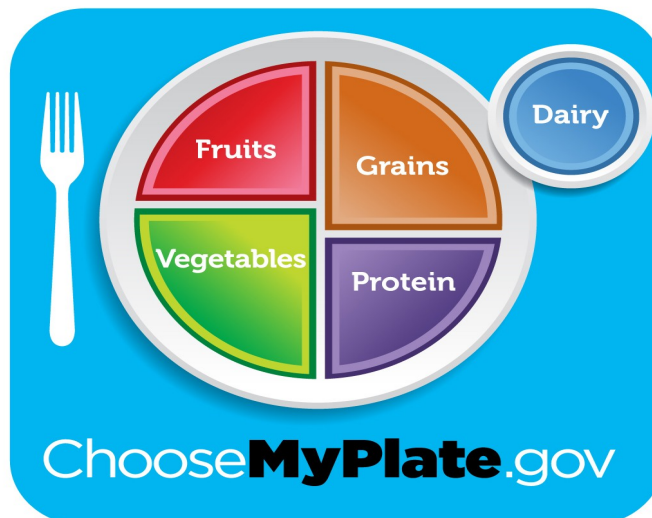


Fruits and Vegetables

- The USDA recommends making fruits and vegetables half of your plate during each meal.
- The USDA recommends 2.5 to 3 cups of vegetables and 2 cups of fruit every day.
- Some fruits or vegetables may count as two servings. For example, a large grapefruit or apple would count as two servings of fruit.

One Serving
2 cups of leafy greens
1 cup of broccoli
1 cup of 100% vegetable or fruit juice
32 seedless grapes
1 medium sized orange (the size of a baseball)



See the **AHELP Points Breakdown Factsheet** for AHELP point values.