




WHAT IS ONE SERVING?

 1 BANANA (8-9 INCHES LONG)

 1/3 OF A MEDIUM AVOCADO

 1/2 CUP BLUEBERRIES

 8 LARGE STRAWBERRIES

 1/2 CUP DRIED FRUIT

 ABOUT 32 GRAPES

 1 LARGE TOMATO

 1 CUP COOKED BEANS

 A FISTFUL BROCCOLI

 2 MEDIUM WHOLE CARROTS

 2 CUPS RAW GREENS

 1 LARGE POTATO

HOW MANY SERVINGS SHOULD I EAT?

WOMEN	19-30 yrs.	4 1/2 cups
	31-50 yrs.	5 1/2 cups
	51+ yrs.	5 cups

MEN	19-30 yrs.	7 cups
	31-50 yrs.	7 cups
	51+ yrs.	6 1/2 cups

CHILDREN	2-3 yrs.	2 cups
	4-8 yrs.	2-3 cups

GIRLS	9-13 yrs.	3 1/2 cups
	14-18 yrs.	4 cups

BOYS	9-13 yrs.	4 cups
	4-18 yrs.	5 cups

WHAT ARE THE BENEFITS OF DIFFERENT COLORS?

RED



TOMATO, RADISH, BEET, CRANBERRY, RED PEPPER, APPLE, STRAWBERRY

- Promote heart health
- Lower blood pressure
- Lower LDL cholesterol

ORANGE YELLOW



GRAPEFRUIT, SWEET CORN, BUTTERNUT SQUASH, PAPAYA, CARROT, LEMON

- Promote healthy joints
- Boost immune system
- Build healthier bones

GREEN



BROCCOLI, LIME, KIWI, CUCUMBER, SPINACH, GREEN APPLE

- Reduce risks of cancer
- Support retinal health
- Aid in weight loss

PURPLE BLUE



EGGPLANT, FIG, RED ONION, BLUEBERRY, PLUM, PURPLE GRAPE

- Fight inflammation
- Support healthy digestion
- Boost immune system

Sources:
www.webmd.com/diet/healthtool-portion-size-plate
www.choosemyplate.gov