



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



1/2

CUP



1/2

PIECE



1

WHOLE



1

WHOLE



1

WHOLE



1

WHOLE



1

SLICE



1

WHOLE



2

WHOLE



2

WHOLE



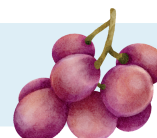
7

WHOLE



12

PIECES





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

PORTION SIZE

VEGETABLES

1/4

PIECE



1/2

HALF



1/2

CUP



1

WHOLE



1

WHOLE



1

WHOLE



1

CUP



1

CUP



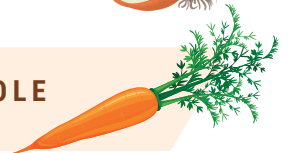
1 1/2

WHOLE



2

WHOLE



2

STALKS



6

PIECES



10

PIECES

