



FRUITS AND VEGETABLES

Fruits and vegetables are an important part of a healthy diet and are rich in vitamins and minerals. Quantity and variety are essential to gain the nutrition and health benefits. Fruits and vegetables can provide potassium to maintain healthy blood pressure, including bananas, cantaloupe, spinach and squash. They also offer dietary fiber, which can reduce blood cholesterol levels and reduce the risk of heart disease.¹⁻²

FRUITS

The fruit group includes whole fruits and 100 percent fruit juice¹:

- Berries: Blackberries, blueberries and raspberries
- Citrus: Grapefruit, oranges and tangerines
- Melons: Casaba, honeydew and watermelon
- Other: Apples, cherries and pineapples

OTHER BENEFITS

- Vitamin C is essential for growth and repair of body tissues, can help heal cuts and wounds, keep teeth and gums healthy and helps your body absorb iron. Sources of Vitamin C include oranges, strawberries and kiwi.¹⁻³
- Folate or folic acid is a B-vitamin that produces red blood cells, including banana and strawberries.⁴



SERVING SIZE AND PORTION SIZE*

- The recommended daily amount of fruits is two cups, with at least half of the amount from whole fruit.⁵
- One cup of fruit is equivalent to one medium apple, one small banana or four large strawberries.

VEGETABLES

The vegetable food group includes five subgroups:²

- Dark green: Broccoli, romaine lettuce and spinach
- Red and orange: Tomatoes, carrots and pumpkin
- Beans, peas and lentils: Black beans, chickpeas and edamame
- Starchy: Corn, white potatoes and peas
- Other: Asparagus, brussels sprouts and mushrooms

OTHER BENEFITS

- Vitamin A can help keep eyes and skin healthy and help protect against infections. Broccoli, carrots and squash are good sources of Vitamin A.⁶



SERVING SIZE AND PORTION SIZE*

- The recommended daily amount of vegetables is two and a half cups.⁵
- One cup of vegetables is equivalent to one cup of raw leafy vegetables, a half cup of cooked leafy vegetables or five to eight broccoli florets.

TIPS

- Any fruit, vegetable or 100 percent juice is part of the fruit/vegetable group. It may be fresh, frozen, canned or dehydrated and whole, cut, pureed or cooked. Look for "low-sodium," "no salt added" and "no sugar added."
- Buy "in season" produce, which are more cost-friendly and filled with flavor.

*Based on a 2,000-calorie eating pattern. The amount from each food group varies by age.

Sources:

1. [MyPlate, Fruits](#)
2. [MyPlate, Vegetables](#)
3. [Academy of Nutrition and Dietetics, How Vitamin C Supports a Healthy Immune System](#)
4. [Vitamin B12 - Health Professional Fact Sheet \(nih.gov\)](#)
5. [MyPlate, 2000 Calories](#)
6. [National Institutes of Health, Vitamin A](#)