

WHAT IS A SERVING?



Getting five servings of fruits and veggies every day is easy! Here's what one serving looks like:

FRUIT



17 GRAPES



½ GRAPEFRUIT



2 PLUMS



½ LARGE BANANA



1 SMALL APPLE

VEGGIES



12 BABY CARROTS



2 SMALL TOMATOES



10 BROCCOLI FLORETS



1 MEDIUM BELL PEPPER



2 CUPS GREENS