



# Colorful Plates: How Much?

The amount of fruits and vegetables you should eat each day depends on your age, sex and the amount of physical activity you get. The general rule is that most people should get at least five servings a day. Broken down, that's at least two servings of fruits and at least three servings of vegetables each day. Here's a chart to help you see recommended daily amounts.<sup>1</sup>

	Vegetables	Fruits
Women 19-30 years old	2 ½ cups	2 cups
31-50 years old	2 ½ cups	1 ½ cups
51+ years old	2 cups	1 ½ cups
Men 19-30 years old	3 cups	2 cups
31-50 years old	3 cups	2 cups
51+ years old	2 ½ cups	2 cups
<b>What counts as a cup?</b>	1 cup cooked or raw of most vegetables, 2 cups leafy green vegetables (i.e., spinach, leafy lettuce), 1 medium baked potato (for specifics see <a href="http://www.mypyramid.gov">www.mypyramid.gov</a> )	1 cup sliced or diced fruit, ½ cup dried fruit, 1 cup 100% fruit juice, 1 small – medium piece of fresh fruit (for specifics see <a href="http://www.mypyramid.gov">www.mypyramid.gov</a> )

<sup>1</sup>MyPyramid.gov.

## What does at least five servings of fruits and vegetables a day look like?

Let's take a look:

- Breakfast – ½ an orange cut into wedges (1/2 cup)
- Lunch – 16 purple grapes (1/2 cup) plus cucumber slices (1/2 cup) plus grape tomatoes (1/2 cup) plus six baby carrots (1/2 cup)
- Dinner – green beans (1/2 cup) plus ½ medium baked potato (1/2 cup) plus four large strawberries (1/2 cup)
- Snack – one small banana (1/2 cup)

**Total: two fruits and three vegetables** (five total servings)

## Are you getting at least five a day?

For one week, keep track of the number of cups of fruits and vegetables you have each day. Try to make it a typical week so you can get a true look at your eating habits. If, at the end of the week, you discover you're eating less than five a day, set a healthy goal to eat more.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits						
Vegetables						

My Goal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Grocery Shop for Healthy Success!

Healthy tips on how to jump-start your grocery cart:

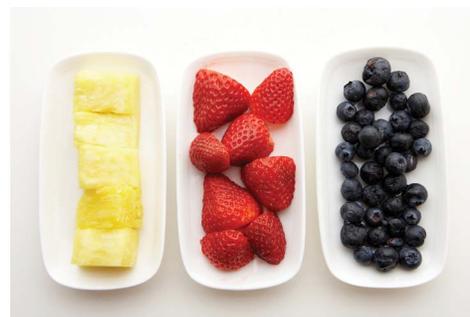
- Buy fresh fruits and vegetables that are in season, when they generally cost less.
- Buy frozen and canned fruits and vegetables, as well as fresh, so that you always have a supply on hand.
- When choosing canned fruits, pick ones canned in 100% fruit juice or water rather than syrup.
- Buy pre-cut packages of unsweetened fruit (like melon or pineapple) for a healthy snack that's ready to eat. It may cost more, but it can be worth the convenience.
- Buy 100% fruit juice. Read the list of ingredients to make sure sugar is not listed.
- Look for big bags of frozen vegetables for a big bargain. You'll save money buying in bulk, and you can cook just the amount you need, close the bag tightly and put it back in freezer for later.
- Wash and eat! MyPyramid.gov recommends washing fruits and vegetables before preparing or eating them. Rub fruit and most vegetables briskly with your hands under clean, running water to remove dirt and surface micro-organisms. Dry after washing and enjoy. They're truly nature's "fast food!"

### A Flavorful Tip

Canned and dried fruits make excellent toppings for cereal and yogurt or can be a delicious way to sweeten pancakes, muffins or rice (like rice pilaf).

### A Fruity Idea:

Mix 2 Tbsp. of cran-raisins and ½ cup of unsweetened, canned peaches in a microwavable bowl. Top with cinnamon and 2 Tbsp. crushed graham cracker crumbs. Heat in the microwave until warm and enjoy a deliciously fruitful treat.



Your Fruit and Vegetable Grocery List	
Fresh Vegetables	Fresh Fruits
Canned Vegetables	Canned and Dried Fruits
Frozen Vegetables	Frozen Fruits

## Web Tips

Visit [www.MyPyramid.gov](http://www.MyPyramid.gov) for more tips on eating fruits [http://www.mypyramid.gov/pyramid/fruits\\_tips\\_print.html](http://www.mypyramid.gov/pyramid/fruits_tips_print.html) and more tips on eating vegetables [http://www.mypyramid.gov/pyramid/vegetables\\_tips\\_prints.html](http://www.mypyramid.gov/pyramid/vegetables_tips_prints.html)

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