

Strive for five cups



Women		
	Age	Fruits & Veggies
Less Active	19-30	4-1/2 cups
	31-50	4 cups
	51+	3-1/2 cups
Moderately Active	19-50	4-1/2 cups
	51+	4 cups
Active	19-50	5 cups
	51+	4-1/2 cups



Men		
	Age	Fruits & Veggies
Less Active	19-50	5 cups
	51+	4-1/2 cups
Moderately Active	19-50	5 cups
	51+	4 cups
Active	19-50	6-1/2 cups
	51+	5 cups

It's a simple idea, and an incredibly delicious way to enjoy better health. Making room for fruits and veggies lets you drop less healthy foods (and maybe a few pounds). We say "Strive for 5 cups" because that's close to the average amount needed for adults. Depending on your age and activity level a bit more or less than 5 cups may be fine. Use the charts below to learn the amounts recommended for you and your family.

Less Active: You average less than 30 minutes or less than 5,000 total steps a day.

Moderately Active: You average 30-60 minutes or 5,000-10,000 steps a day.

Active: You average more than 60 minutes or more than 10,000 steps a day.

Kids Can Strive for 5 fists!

Using their own fist is a perfect way for kids to size up their portion. It grows as they grow and approximates the measures listed below.



		Girls	Boys
	Age	Fruits & Veggies	Fruits & Veggies
Less Active	2-3	2 cups	2 cups
	4-8	2-1/2 cups	3 cups
	9-13	3-1/2 cups	4 cups
	14-18	4 cups	5 cups
Moderately Active	2-3	2 cups	2 cups
	4-8	3 cups	3 cups
	9-13	3-1/2 cups	4 cups
	14-18	4-1/2 cups	5 cups
Active	2-3	2 cups	2 cups
	4-8	3 cups	3-1/2 cups
	9-13	4 cups	4-1/2 cups
	14-18	5 cups	6 cups

