

Produce Man's Healthy Challenge

WHAT COUNTS AS ONE SERVING OF WHOLE FRUITS & VEGETABLES?

- 1 medium-sized piece of fruit (ex: apple, orange, or ½ banana)
- ½ cup **cooked** or canned vegetables, beans or peas
- 1 cup **raw**, leafy vegetables (ex: lettuce, spinach, or salad)
- ½ cup canned fruit or 1 cup fresh fruit
- ¼ cup of dried fruit (raisins, prunes, dried apricots)
- 4-6 oz of 100% fruit/vegetable juice

(*Capri-Sun, Sunny-D, Gatorade **DO NOT COUNT** as juice. Juice should never be a substitute for water.)

(*Fruit bars, Fruit snacks, fruit flavored items **DO NOT COUNT** as fruits/vegetables.)



NORTHERN KENTUCKY
INDEPENDENT DISTRICT
HEALTH DEPARTMENT

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