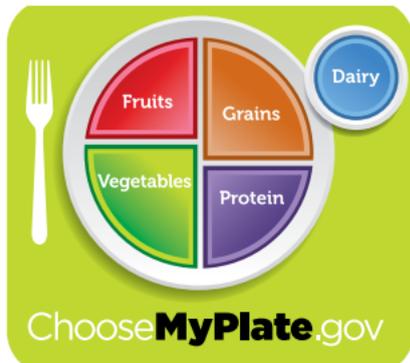


## How Many Servings of Fruits and Vegetables Should I Eat Per Day?

Aim for **8** servings a day, and remember the fruit and vegetable zip code for good health – **22211**.

- 2** servings for breakfast
- 2** servings for lunch
- 2** servings for dinner
- 1** serving at mid-morning snack
- 1** serving at mid-afternoon snack



## What is the Serving Size?

### 1 serving of fruit:

- 1 cup fresh/diced fruit
- ½ cup 100% fruit juice
- ½ cup dried fruit
- ¼ cup dried fruit

### 1 serving of vegetable:

- 2 cups leafy greens
- ½ cup cooked
- 1 cup raw

Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to find pictures that represent the recommended portion size for various fruits and vegetables.

## Sample Meal Plan that Includes 8 Servings of Fruits and Vegetables:

### Breakfast:

Omelet with onions, spinach, peppers, mushrooms  
Orange Juice (½ cup)

### Mid-Morning Snack:

Apple (1 small) or Cubed Melon (1 cup)

### Lunch:

Sandwich  
1 cup celery and carrot sticks

### Afternoon Snack:

Yogurt/Fruit Parfait (use 1 cup of fresh berries or 1 small banana)

### Dinner:

Chicken or fish  
Medium baked potato  
Leafy green salad (2 cups)  
Steamed asparagus or green beans (1cup)



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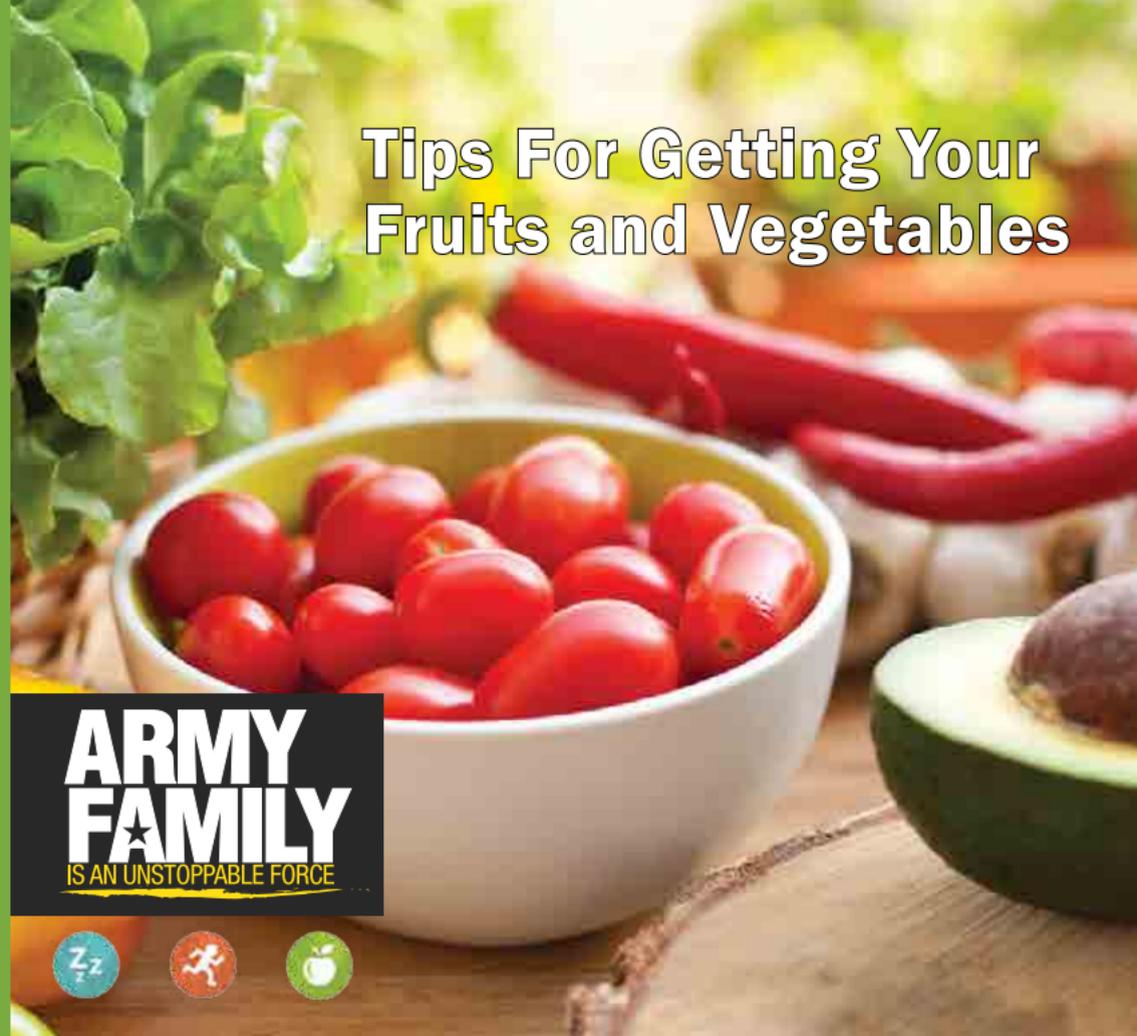
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**Performance TRIAD**

Learn more about the Performance TRIAD at  
[HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

## Tips For Getting Your Fruits and Vegetables



**ARMY FAMILY**  
IS AN UNSTOPPABLE FORCE



## Fruits and Vegetables are an Important Part of Your Diet:

Fruits and vegetables add variety, texture, flavor, and color to your meals.

By themselves, they are low in calories and are considered nature's convenience foods—very easy to pack and go.

The fiber, vitamins, minerals, and phytochemicals—compounds produced only by plants—found in fruits and vegetables may help reduce the risk of certain diseases such as high blood pressure, heart disease, and certain cancers.

## Choose Whole Fruits and Vegetables Instead of a Supplement

Eating a colorful assortment of fruits and vegetables ensures that you receive a full range of essential vitamins, minerals, and phytochemicals. These substances all work together to provide you with positive health benefits, which is why eating a whole fruit and/or vegetable is much more advantageous than taking a supplement.

Phytochemicals give fruits and vegetables their vibrant hues (e.g. yellow, orange, red, green, purple), and these compounds cannot be duplicated in a supplement. There are literally thousands of these compounds found in produce, and researchers are discovering more information about their health benefits every single day.



## How Can I Creatively Increase My Fruit and Vegetable Intake?

- » Add chopped vegetables to omelets (onions, spinach, peppers, mushrooms)
- » Add vegetables to pizza (fresh tomatoes, onions, peppers, mushrooms, broccoli)
- » Make mashed potatoes with mashed cauliflower (½ potato and ½ cauliflower)
- » Add pureed butternut squash to macaroni and cheese
- » Use spaghetti squash instead of pasta noodles
- » Keep a fruit bowl on your counter

## Be Adventurous – Try Something New

**Orange/ Yellow** star fruit, Asian pear, ugli fruit, mango, yam, pummelo, apricots, spaghetti squash

**Red** lychee, Chinese strawberry, pomegranate, beets, cherries, rhubarb

**Blue/Purple** eggplant, purple carrot, dragon fruit, purple sweet potato, purple cabbage, dulse

**Green/white** kale, collards, spinach, brussel sprouts, kohlrabi, okra, kiwi, garlic scapes, broccoli rabe, parsnips, jicama, white nectarines

