

FRUITS & VEGETABLES

Try for 4-5 servings of each per day.*
What counts as a serving?



American
Heart
Association

American
Stroke
Association®

life is why™

FRUITS

ONE MEDIUM FRUIT



FRESH, FROZEN OR CANNED FRUIT



DRIED FRUIT

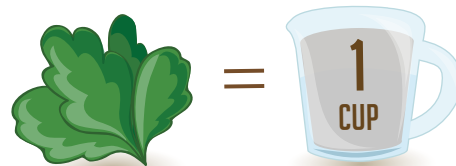


FRUIT JUICE**

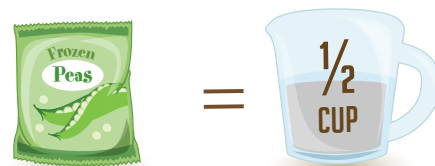


VEGETABLES

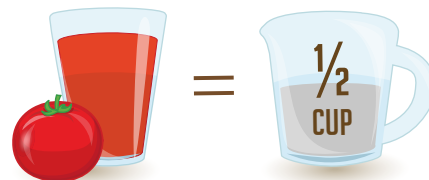
RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED VEGETABLE



VEGETABLE JUICE**



*Recommended daily goal based on 2,000 calorie/day eating pattern.

**Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.

heart.org/gettinghealthy