



What's a Serving?

For those of you who think 5 to 9 servings of fruits and vegetables a day is a lot, think again. Seeing is believing.



One serving of fruits and vegetables **should fit within the palm of your hand** — it's a lot smaller than most people think.

The palm of your hand is an easy way to think about serving sizes and to see how doable it is to eat 5 to 9 A Day, everyday.

If you measure it out, one serving is:

A small glass of 100% fruit or vegetable juice (3/4 cup or 6 oz)

A medium-size piece of fruit (an orange, small banana, medium-size apple)

One cup of raw salad greens

1/2 cup of cooked vegetables

1/2 cup of cut-up fruit or vegetables

1/4 cup of dried fruit

1/2 cup of cooked beans or peas

A typical portion is often more than one serving. A large salad, for example, can add up to 2 to 3 servings.

