



## What is a Serving?



Many people find it hard to incorporate 5 servings of fruits and vegetables a day into their diet, most people are lucky if they even get 3 servings of fruits and vegetables. However, eating 3 or even 5 servings of fruits and vegetables per day is really not as hard as you think.

If someone asked you how much one serving of fruit or vegetable was, what would you say? If you are like most Americans, you would likely say, "I don't know." A serving of fruit or vegetable depends on the type of fruit or vegetable one is eating, and how that fruit or vegetable is prepared i.e. cooked or raw.

Chances are that many of you are eating more servings of fruits and vegetables than you think. In this day and age, no one eats just one small apple or banana; they eat the colossal size apple or banana, which is often more than one serving of fruit. In fact, depending on the size some large apples may be close to 2-3 servings of fruit.

In order to know just how many servings of fruits and vegetables you are eating in a day, you have to know exactly what 1 serving is. So get out your tape measure and measuring cups and start measuring your servings of fruits and vegetables. You might be surprised to find out your daily banana is more than just 1 serving of fruit.

See the table to the right for specific examples of 1 serving of selected fruits and vegetables. For more information on serving sizes of various fruits and vegetables, check out [www.MyPyramid.gov](http://www.MyPyramid.gov) and click on the "Tips and Resources" link.

| Vegetable or Fruit | 1 serving of Fruit or Vegetable = approx. ½ cup cooked or 1 cup raw |
|--------------------|---------------------------------------------------------------------|
| Carrots            | 12 baby carrots, raw<br>6 baby carrots, cooked                      |
| Lettuce            | 1 cup, raw                                                          |
| Celery             | 2 large stalks, raw (11-12" long)                                   |
| Bell Pepper        | 1 small pepper, raw (1½" diameter)                                  |
| Tomato             | 1 small tomato, raw (2¼" diameter)                                  |
| Apple              | 1 small apple, raw (2½" diameter)                                   |
| Banana             | 1 small banana, raw (<6" long)                                      |
| Fruit Cocktail     | 1 snack container (4oz)                                             |
| Strawberries       | 4 large berries, raw                                                |
| Raisins            | 1 small snack box (1.5oz, ¼ cup)                                    |

