

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

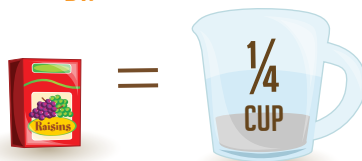
ONE MEDIUM FRUIT



FRESH, FROZEN OR CANNED FRUIT



DRIED FRUIT

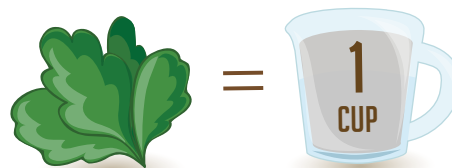


FRUIT JUICE**

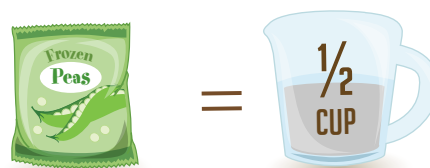


VEGETABLES

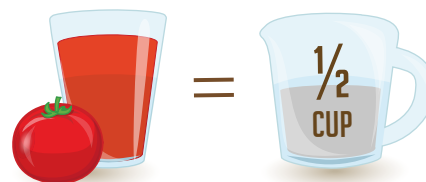
RAW LEAFY VEGETABLE



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



What's in a 1/2 Cup* of VEGETABLES?

Raw, edible portions. Percent Daily Values (%DV) are based on a 2000 calorie diet.

Total Calories
Total Fat
Calories from Fat
Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Folate
Sodium
Potassium
Calcium
Iron
Magnesium

VEGETABLES

	#	g %DV	#	g %DV	g %DV	g	g	%DV	%DV	%DV	mg %DV	mg %DV	mg %DV	mg %DV	mg %DV
Artichoke	38	<.5 0	1	9 3	4 18	1	3	0	16	14	76 3	300 9	36 4	1 6	49 12
Arugula	3	<.5 0	1	0 0	<.5 1	0	0	5	3	2	3 0	37 1	16 2	<.5 1	5 1
Asparagus	13	<.5 0	1	3 1	1 5	1	1	10	6	9	1 0	135 4	16 2	1 8	9 2
Beets	29	<.5 0	1	7 2	2 8	5	1	0	6	19	53 2	221 6	11 1	1 3	16 4
Bell Peppers	15	<.5 0	1	3 1	1 5	2	1	6	100	2	2 0	130 4	7 1	<.5 1	7 2
Broccoli	15	<.5 0	2	3 1	1 5	1	1	6	68	7	15 1	144 4	21 2	<.5 2	10 2
Broccoli Rabe	6	0 0	0	1 0	0 0	0	1	26	31	n/a	6 0	n/a	9 1	<.5 1	n/a
Brussels Sprouts	19	<.5 0	1	4 1	2 7	1	1	7	62	7	11 0	171 5	18 2	1 3	10 3
Butternut Squash	32	<.5 0	1	8 3	1 6	2	1	149	25	5	3 0	246 7	34 3	<.5 3	24 6
Carrot	25	<.5 0	1	6 2	2 7	3	1	204	6	3	42 2	195 6	20 2	<.5 1	7 2
Cauliflower	13	0 0	0	3 1	1 5	1	1	0	39	7	15 1	152 4	11 1	<.5 1	8 2
Celery	8	<.5 0	1	2 1	1 3	1	0	5	3	5	40 2	131 4	20 2	<.5 1	6 1
Collard Greens	5	<.5 0	1	1 0	1 3	0	0	24	11	7	4 0	30 1	26 3	0 0	2 0
Cucumber	8	<.5 0	1	2 1	<.5 1	1	0	1	2	1	1 0	76 2	8 1	<.5 1	7 2
Green Beans	17	<.5 0	1	4 1	2 7	1	1	8	15	5	3 0	115 3	20 2	1 3	14 3
Green Cabbage	11	0 0	0	3 1	1 4	1	1	1	27	5	8 0	76 2	18 2	<.5 1	5 1
Green Onions	16	<.5 0	1	4 1	1 5	1	1	10	16	8	8 0	138 4	36 4	1 4	10 3
Iceberg Lettuce	5	0 0	0	1 0	<.5 2	1	0	4	2	3	4 0	51 1	6 1	<.5 1	3 1
Jicama	25	<.5 0	1	6 2	3 13	1	0	0	22	2	3 0	98 3	8 1	<.5 2	8 2



Raw, edible portions. Percent Daily Values (%DV) are based on a 2000 calorie diet.

Total Calories
Total Fat
Calories from Fat
Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Folate
Sodium
Potassium
Calcium
Iron
Magnesium

VEGETABLES

	#	g %DV	#	g %DV	g %DV	g	g	%DV	%DV	%DV	mg %DV	mg %DV	mg %DV	mg %DV	mg %DV
Leaf Lettuce	3	0 0	0	1 0	<.5 1	0	0	27	5	2	5 0	35 1	6 1	<.5 1	2 1
Mushrooms	8	<.5 0	1	1 0	<.5 1	1	1	0	1	1	2 0	111 3	1 0	<.5 1	3 1
Onion	32	<.5 0	1	7 2	1 5	3	1	0	10	4	3 0	117 3	18 2	<.5 1	8 2
Potato	58	<.5 0	1	13 4	2 7	1	2	0	25	3	5 0	316 9	9 1	1 3	17 4
Pumpkin	15	<.5 0	1	4 1	<.5 1	1	1	86	9	2	1 0	197 6	12 1	<.5 3	7 2
Radish	9	<.5 0	1	2 1	1 4	1	0	0	14	4	23 1	135 4	15 1	<.5 1	6 1
Romaine Lettuce	4	<.5 0	1	1 0	<.5 2	0	0	27	9	8	2 0	58 2	8 1	<.5 1	3 1
Spinach	3	<.5 0	1	1 0	<.5 1	0	0	28	7	7	12 0	84 2	15 1	<.5 2	12 3
Summer Squash	9	<.5 0	1	2 1	1 2	1	1	2	16	4	1 0	148 4	8 1	<.5 1	10 2
Sweet Corn	66	1 1	8	15 5	2 8	2	2	1	9	9	12 0	208 6	2 0	<.5 2	28 8
Sweet Potato	57	0 0	0	13 4	2 8	3	1	189	3	2	37 2	224 6	20 2	<.5 2	17 4
Swiss Chard	3	0 0	0	1 0	<.5 1	0	0	22	9	1	38 2	68 2	9 1	<.5 2	15 4
Tomato	16	<.5 0	2	4 1	1 4	2	1	15	19	3	5 0	213 6	9 1	<.5 1	10 2
Beans, Cooked	Black	100	<.5 1	4	18 6	6 22	3	7	0	1	45 3	239 7	21 2	2 12	46 11
	Chickpeas	134	2 3	19	22 7	6 25	4	7	0	2	35 6	239 7	40 4	2 13	39 10
	Great Northern	104	<.5 1	4	19 6	6 25	n/a	7	0	2	23 2	346 10	60 6	2 10	44 11
	Lentils	115	<.5 1	3	20 7	8 31	2	9	0	2	45 2	365 10	19 2	3 18	36 9
	Lima	108	<.5 1	3	20 7	7 26	3	7	0	0	20 2	478 14	16 2	2 12	40 10
	Navy	127	1 1	5	24 8	10 38	0	7	0	1	32 0	354 10	63 6	2 12	48 12
	Pinto	122	1 1	5	22 7	8 31	0	8	0	1	37 1	373 11	39 4	2 10	43 11
	Red Kidney	112	<.5 1	4	20 7	7 26	0	8	0	2	29 2	357 10	25 2	3 14	40 10

*Unless otherwise stated
n/a=not available

Vegetables contain no cholesterol.
Most contain negligible amounts of saturated and trans fats.





What's in a 1/2 cup* of FRUIT?



Raw, edible portions. Percent Daily Values (%DV) are based on a 2000 calorie diet.

Total Calories
Total Fat
Calories from Fat
Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Folate
Sodium
Potassium
Calcium
Iron
Magnesium

FRUITS	#	g %DV	#	g %DV	g %DV	g	g	%DV	%DV	%DV	mg %DV	mg %DV	mg %DV	mg %DV	mg %DV
Apple	33	<.5 0	1	9 3	2 6	6	0	1	5	0	1 0	67 2	4 0	0 0	3 1
Avocado	120	11 17	99	6 2	5 20	0	2	2	13	15	5 0	364 10	9 1	<.5 2	22 5
Banana	67	<.5 0	2	17 6	2 8	9	1	1	11	4	1 0	269 8	4 0	<.5 1	20 5
Blueberries	42	<.5 0	2	11 4	2 7	7	1	1	12	1	1 0	57 2	4 0	<.5 1	4 1
Cantaloupe	27	<.5 0	1	7 2	1 3	6	1	54	49	4	13 1	214 6	7 1	<.5 1	10 2
Cherries	46	<.5 0	1	12 4	2 6	9	1	1	8	1	0 0	161 5	9 1	<.5 1	8 2
Fig, dried	186	1 1	6	48 16	7 29	36	2	0	1	2	7 0	507 14	121 12	2 8	51 13
Fig, fresh (1 large)	47	<.5 0	2	12 4	2 7	10	0	2	2	1	1 0	148 4	22 2	<.5 1	11 3
Grapefruit	38	<.5 0	1	10 3	1 5	8	1	1	64	3	0 0	170 5	14 1	0 0	10 3
Grapes	55	<.5 0	1	14 5	1 3	12	1	1	14	0	2 0	153 4	8 1	<.5 2	6 1
Guava	56	1 1	7	12 4	4 18	7	2	10	314	10	2 0	344 10	15 1	<.5 1	18 5
Honeydew	31	<.5 0	1	8 3	1 3	7	0	1	26	4	15 1	194 6	5 1	<.5 1	9 2
Kiwifruit	54	<.5 1	4	13 4	3 11	8	1	n/a	138	0	3 0	278 8	30 3	<.5 2	15 4
Kumquat (6 medium)	81	1 2	9	18 6	7 30	11	2	7	83	5	11 0	212 6	71 7	1 5	23 6
Lemon (sections)	31	<.5 0	3	10 3	3 12	3	1	0	94	3	2 0	146 4	28 3	1 4	8 2
Lime (1 medium)	20	<.5 0	1	7 2	2 8	1	0	1	33	1	1 0	68 2	22 2	<.5 2	4 1
Mango	54	<.5 0	2	14 5	1 6	12	0	13	38	3	2 0	129 4	8 1	<.5 1	7 2



Raw, edible portions. Percent Daily Values (%DV) are based on a 2000 calorie diet.

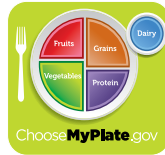
Total Calories
Total Fat
Calories from Fat
Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Folate
Sodium
Potassium
Calcium
Iron
Magnesium

FRUITS	#	g %DV	#	g %DV	g %DV	g	g	%DV	%DV	%DV	mg %DV	mg %DV	mg %DV	mg %DV	mg %DV
Nectarine	31	<.5 0	2	8 3	1 5	6	1	5	6	1	0 0	144 4	4 0	<.5 1	6 2
Orange	42	<.5 0	1	11 4	2 9	8	1	4	80	7	0 0	163 5	36 4	<.5 1	9 2
Papaya	27	<.5 0	1	7 2	1 5	4	0	15	72	7	2 0	180 5	17 2	0 0	7 2
Peach	30	<.5 0	2	7 2	1 6	6	1	8	0	0	0 0	146 4	5 0	<.5 1	7 2
Pear	41	<.5 0	1	11 4	2 9	7	0	0	5	1	1 0	83 2	6 1	<.5 1	5 1
Persimmon (1 fruit)	118	<.5 0	3	31 10	6 24	21	1	55	21	3	2 0	270 8	13 1	<.5 1	15 4
Pineapple	39	<.5 0	1	10 3	1 4	8	0	1	62	3	1 0	84 2	10 1	<.5 1	9.3 2
Plum	38	<.5 0	2	9 3	1 5	8	1	6	13	1	0 0	130 4	5 1	<.5 1	5.77 1
Plum, dried	204	<.5 1	3	54 18	6 24	32	2	13	1	1	2 0	622 18	37 4	1 4	35 9
Pomegranate (1/2 fruit)	52	<.5 0	2	13 4	<.5 2	13	1	2	8	1	2 0	199 6	2 0	<.5 1	2 1
Pummelo	36	0 0	0	9 3	1 4	n/a	1	0	97	6	1 0	205 6	4 0	<.5 1	6 1
Raisins (1/2 cup, packed)	247	<.5 1	3	65 22	3 12	49	3	0	3	1	9 0	618 18	41 4	2 9	26 7
Raspberries	32	<.5 1	4	7 2	4 16	3	1	0	27	3	1 0	93 3	15 2	<.5 2	14 3
Star Fruit	17	<.5 0	2	4 1	2 6	2	1	1	31	2	1 0	72 2	2 0	0 0	5 1
Strawberries	27	<.5 0	2	6 2	2 7	4	1	0	81	5	1 0	127 4	13 1	<.5 2	11 3
Tangerine	52	<.5 0	3	13 4	2 7	10	1	13	43	4	2 0	162 5	36 4	<.5 1	12 3
Watermelon	23	<.5 0	1	6 2	<.5 1	5	0	9	10	1	1 0	85 2	5 1	<.5 1	8 2
Wild Blueberries	45	1 1	5	9 3	2 8	5	1	2	23	6	4 0	56 2	10 1	<.5 2	5 1

*Unless otherwise stated
n/a=not available

Fruits contain no cholesterol. Most contain negligible amounts of saturated and trans fats. Avocados contain 1.6g saturated fat in 1/2 cup.

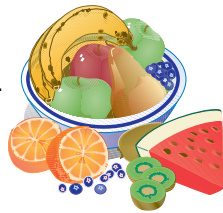




Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 **Keep visible reminders**
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 **Experiment with flavor**
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

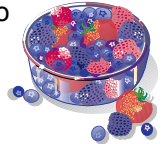
3 **Think about variety**
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 **Don't forget the fiber**
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 **Include fruit at breakfast**
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6 **Try fruit at lunch**
At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



7 **Enjoy fruit at dinner, too**
At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8 **Snack on fruits**
Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 **Be a good role model**
Set a good example for children by eating fruit every day with meals or as snacks.

10 **Keep fruits safe**
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like Salmonella, E. coli, and Listeria, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.

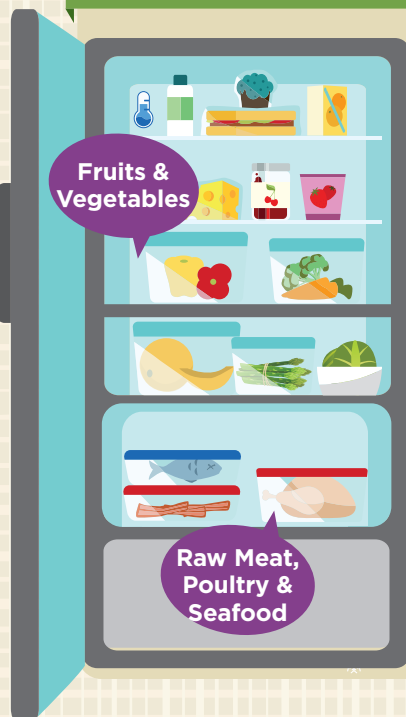


Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home

Get fruits & vegetables home and in the fridge in 2 hours or less



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours. Refrigerate within 1 hour if the temperature outside is above 90°F.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

CS239285



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention