

Healthy Tips To Look & Feel Your Best

Nutrition 101

How many servings of fruits and vegetables should I be eating?

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, you may need to increase the amount of fruits and vegetables you currently eat every day.



Your daily fruit and vegetable needs depend on your calorie needs. Your calorie needs are determined by your age, gender and physical activity level. Check out the chart below to see how many cups of fruits and vegetables you should be eating every day.

Girls by Age & Activity Level

Age & Activity ¹	Less Than 30 Minutes Per Day		30 - 60 Minutes Per Day		Over 60 Minutes Per Day	
	Fruit	Vegetables	Fruit	Vegetables	Fruit	Vegetables
Age 15	1.5 cups	2.5 cups	2 cups	2.5 cups	2 cups	3 cups
Age 16	1.5 cups	2.5 cups	2 cups	2.5 cups	2 cups	3 cups
Age 17	1.5 cups	2.5 cups	2 cups	2.5 cups	2 cups	3 cups
Age 18	1.5 cups	2.5 cups	2 cups	2.5 cups	2 cups	3 cups

Boys by Age & Activity Level

Age & Activity ¹	Less Than 30 Minutes Per Day		30 - 60 Minutes Per Day		Over 60 Minutes Per Day	
	Fruit	Vegetables	Fruit	Vegetables	Fruit	Vegetables
Age 15	2 cups	3 cups	2 cups	3.5 cups	2.5 cups	4 cups
Age 16	2 cups	3 cups	2.5 cups	3.5 cups	2.5 cups	4 cups
Age 17	2 cups	3 cups	2.5 cups	3.5 cups	2.5 cups	4 cups
Age 18	2 cups	3 cups	2.5 cups	3.5 cups	2.5 cups	4 cups

¹ACTIVITY- Your level of physical activity is defined by the amount of time you are doing something that's moderately intense — like brisk walking — in addition to your normal daily routine.

Source- 5aday.gov

For more information on adding more fruits and vegetables to your diet visit www.5aday.gov or visit us on line at www.lookinggood101.com.