



1/2 cup of fruit

1/2 cup of vegetables



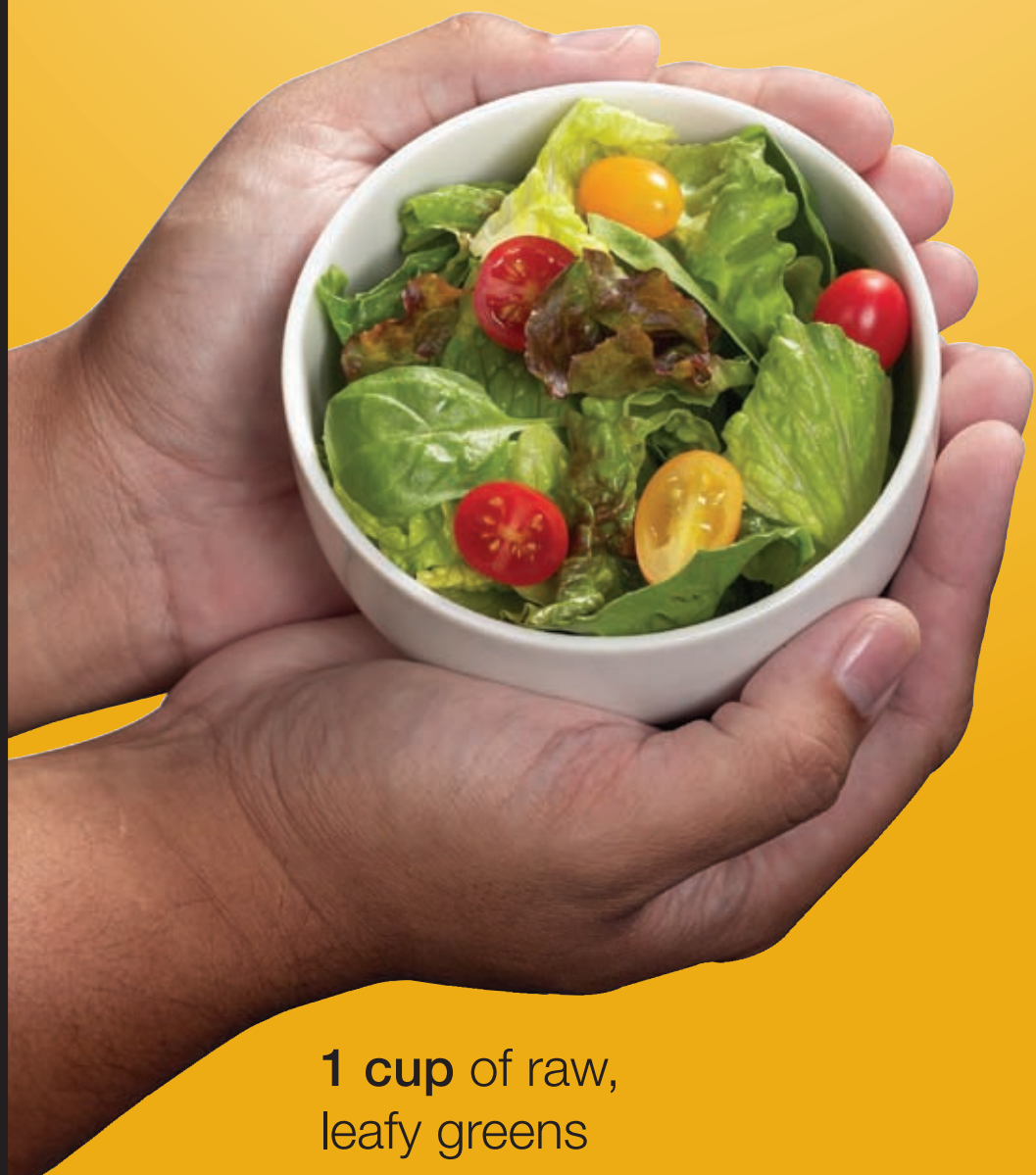
1/2 cup of vegetables



1/2 cup of fruit



1/2 cup of vegetables



1 cup of raw, leafy greens



1/2 cup of fruit in 100% fruit juice



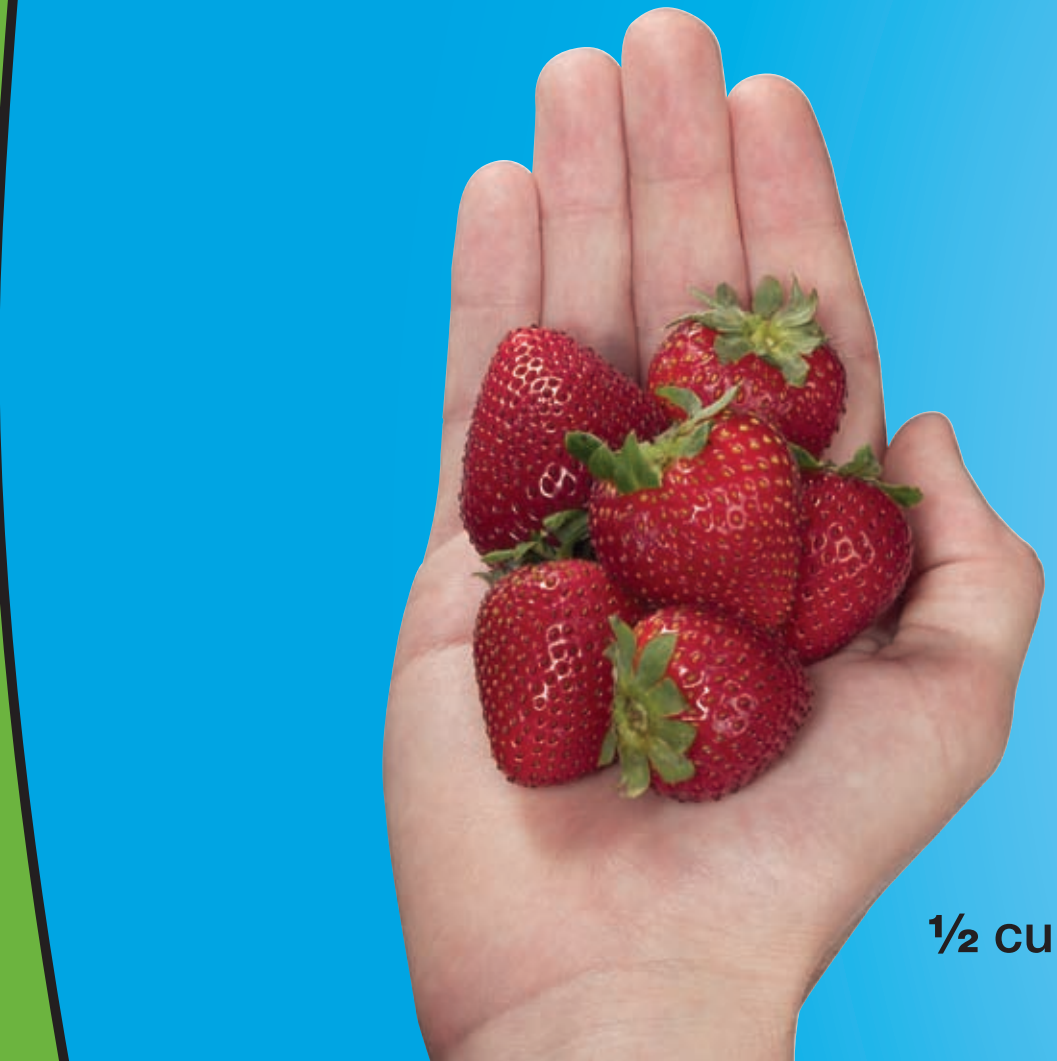
1/2 cup of fruit



1/2 cup of vegetables



1/2 cup of vegetables



1/2 cup of fruit



1/4 cup of dried fruit



Energize Your Body with Fruits and Vegetables!

Eating the recommended amount of fruits and vegetables is all in your hands.

Want to improve your health? Eat colorful fruits and vegetables every day. Adults need 3 1/2 to 6 1/2 cups of fruits and vegetables every day for better health. For fresh ideas and tips on how to get more fruits and vegetables into your diet, visit www.cachampionsforchange.net.

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.

