



# VEGGIES AND FRUITS: How Much To Offer Each Day

Half of the food you offer each day should be vegetables and fruits. A simple way to do this is to include at least one veggie or fruit with each meal and each snack.

\* Notice that portion sizes are **different** for toddlers, children, and adults. Use the recommended portions as a guide (not a rule) for how much you offer your child.

## TODDLER

1 and 2 year olds

 **Vegetables** 3 toddler-sized portions every day

1 TODDLER-SIZED PORTION EQUALS:

- ¼ to ½ cup cooked or chopped vegetables
- ¼ to ½ cup 100% vegetable juice

 **Fruits** 3 toddler-sized portions every day

1 TODDLER-SIZED PORTION EQUALS:

- ¼ to ½ cup chopped, fresh, or canned fruit
- ¼ to ½ cup 100% fruit juice

**NOTE:** Limit fruit juice to 4 oz (½ cup) per day

## PRESCHOOLER

3 and 4 year olds

 **Vegetables** 3 preschooler-sized portions every day

1 PRESCHOOLER-SIZED PORTION EQUALS:

- ½ cup cooked or chopped raw (not hard) vegetables
- 1 cup raw leafy vegetables
- ½ cup 100% vegetable juice

 **Fruits** 2-3 preschooler-sized portions every day

1 PRESCHOOLER-SIZED PORTION EQUALS:

- ½ cup chopped, fresh, or canned fruit
- ½ cup 100% fruit juice

**NOTE:** Limit fruit juice to 4 oz (½ cup) per day

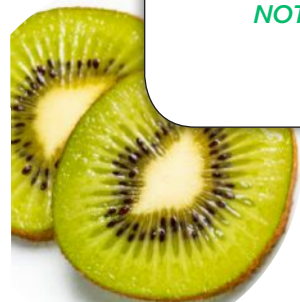
\* Avoid dried fruit for children under 4 years old.

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Cut food into smaller pieces. Foods should be no larger than ½ inch when served to children under 4.



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Dried fruit is a choking hazard and should not be given to children under 4. Finely minced is OK to give.

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Do not worry about your child finishing all of the food on their plate. Your child's hunger will change from day to day. That is okay.






# VEGGIES AND FRUITS:

## How Much To Offer Each Day




### ADULT

Pregnant or Breast or Chestfeeding Parent

 **Vegetables** 3 to 3½ adult-sized portions every day


- 1 ADULT-SIZED PORTION EQUALS:
- 1 cup raw or cooked vegetables
  - 2 cups leafy salad greens
  - 1 cup vegetable juice

 **Fruits** 2 adult-sized portions every day

- 1 ADULT-SIZED PORTION EQUALS:
- 1 cup raw or cooked fruit
  - 1 cup 100% fruit juice
  - ½ cup dried fruit

### ADULT

Not Pregnant

 **Vegetables** 3 adult-sized portions every day

- 1 ADULT-SIZED PORTION EQUALS:
- 1 cup raw or cooked vegetables
  - 2 cups leafy salad greens
  - 1 cup vegetable juice

 **Fruits** 2 adult-sized portions every day

- 1 ADULT-SIZED PORTION EQUALS:
- 1 cup raw or cooked fruits
  - 1 cup 100% fruit juice
  - ½ cup dried fruit

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Make most  
choices fruit,  
not juice.

### Take This Lesson to Learn:

- Ways to save money while shopping for veggies and fruits.
- Meal and snack ideas to help your children eat more of them.
- How to buy and store them to make them last longer.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category:  
**Choosing Healthy Foods**
- Choose the lesson:  
**Be Healthy With Veggies And Fruits**

