

# Fruit and Vegetable Challenge:

Fruits and Veggies are packed with nutrition and lower in calories per serving than other food groups. They contain tons of vitamins, minerals, dietary fiber, and *phytonutrients* (disease fighting compounds) that help protect against heart disease, diabetes, high blood pressure, high cholesterol, certain cancers, and other chronic diseases



## Challenge 1:

Eat 5 servings of vegetables, 1-2 servings of fruit per day.

## Challenge 2:

Eat 7 servings of vegetables, 2 servings of fruit per day.



## Non Starchy Veggie:

### 1 Serving Equals

1/2 cup cooked

1 cup raw

Artichoke  
Arugula  
Asparagus  
Bean Sprouts  
Bok Choy  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Green beans  
Green Onions  
Kale  
Leeks  
Lettuce  
Mushrooms  
Okra  
Onions  
Pea Pods  
Peppers  
Radishes  
Rainbow Chard  
Spinach  
Sugar Snap peas  
Summer Squash  
Swiss Chard  
Tomato  
Turnips  
Water Chestnut  
Zucchini

## Starchy Vegetables:

### 1 Serving Equals

Acorn Squash (1/2 cup)  
Beets (3 small)  
Black beans (1/3 cup)\*  
Butternut Squash (1 cup)  
Chickpeas (1/3 cup)\*  
Corn (1/2 ear)  
Hummus (1/4 cup)\*  
Lentils (1/3 cup cooked)\*  
Parsnips (1/2 cup)  
Peas (1/2 cup cooked)  
Red Potato (1/2 med)  
Russet Potato (1/2 med)  
Sweet Potato (1/2 med)  
Spaghetti Squash (1.5 cup)



## Fruits:

### 1 Serving Equals

Apple (1 small)  
Applesauce, Unsweet(1/2 c)  
Banana (1/2 medium)  
Blueberries (3/4 cup)  
Blackberries (3/4 cup)  
Cantaloupe (1 cup)  
Cherries (1/2 cup)  
Clementine (2 small)  
Dates (3 medium)  
Dried Fruit (2 Tbsp)  
Figs (2 medium)  
Fruit Cocktail (1/2 cup)  
Gooseberries (1 cup)  
Grapefruit (1/2 large)  
Grapes (1/2 cup)  
Honeydew (1 cup)  
Kiwi (1 medium)  
Mandarin Orange (2 small)  
Mango (1/2 small)  
Nectarine (1 small)  
Orange (1 small)  
Peach (1 small)  
Pear (1/2 large)  
Pineapple (3/4 cup)  
Plums (2 small)  
Raspberries (1 cup)  
Strawberries (1 1/4 cup)  
Tangerines (2 small)

