



TIP OF THE WEEK

How Many Fruits and Vegetables Do You Need?



➔ Go to your chart. Choose your level of physical activity. Use these definitions to determine your lifestyle physical activity that is above the light activity of everyday life:

Less Active: You average less than 30 minutes a day.

Moderate Activity: You average 30-60 minutes a day.

Active: You average more than 60 minutes a day.

➔ Choose your age range. Your physical activity level and age determine how many calories you need each day and your calorie needs determine how many fruits and vegetables you should eat.

Women		
AGE	FRUITS	VEGETABLES
19-30	2 cups	2 ½ cups
31-50	1 ½ cups	2 ½ cups
51+	1 ½ cups	2 cups
19-50	2 cups	2 ½ cups
51+	1 ½ cups	2 ½ cups
19-50	2 cups	3 cups
51+	2 cups	2 ½ cups

Men		
AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2 ½ cups
19-30	2 cups	3 ½ cups
31+	2 cups	3 cups
19-30	2 ½ cups	4 cups
31-50	2 ½ cups	3 ½ cups
51+	2 cups	3 cups

For more information on fruits and vegetables from Centers for Disease Control and Prevention please visit: www.fruitsandveggiesmatter.gov/downloads/General_Audience_Brochure.pdf