**FRUITS AND VEGETABLES**

- Eat at least one dark green and one orange vegetable every day.
- Go for dark green vegetables like broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.
- Enjoy vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables steamed, baked or stir-fried instead of deep fried.
- Have vegetables and fruit more often than juice.

**Recommended Number of Food Guide servings per day** – Canada Food Guide

<table>
<thead>
<tr>
<th>Food group</th>
<th>Children</th>
<th>Teens</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2-3</td>
<td>4-8</td>
<td>9-13</td>
</tr>
<tr>
<td>female</td>
<td>male</td>
<td>female</td>
<td>male</td>
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<tr>
<td>Vegetables and fruit</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

Examples of one Food Guide serving:

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100 per cent juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

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