



5 A Day and School-Age Children

5 A Day Serving Sizes and Recipe Criteria

For those who say, "There's NO WAY I could eat five servings of fruits and vegetables a day," think again! Contrary to popular belief, eating the 5 A Day way is easy. One serving is less than you think. And today, more than ever, there's a wider variety of fruits and vegetables from which to choose, whether they're fresh, frozen, canned or dried.

One serving size is defined as

- $\frac{3}{4}$ cup (6 oz.) 100 percent fruit or vegetable juice
- 1 medium piece of fruit (apple, orange, banana, pear)
- $\frac{1}{2}$ cup raw, cooked, frozen, or canned (in 100% juice) fruit (melon, fruit cocktail, applesauce)
- $\frac{1}{2}$ cup raw, cooked, frozen or canned vegetables
- 1 cup raw leafy vegetables (salad greens)
- $\frac{1}{4}$ cup dried fruit (raisins, plums/prunes, apricots)
- $\frac{1}{2}$ cup cooked, canned or frozen peas and beans (legumes)

What does that look like on my plate?

- $\frac{1}{2}$ cup of a fruit, vegetable or legume looks like a scoop of ice cream
- 1 cup of salad is the size of a fist or tennis ball
- $\frac{1}{4}$ cup of dried fruit would fit in a golf ball

Do fried foods like French fries count towards the 5 A Day goal?

This is a tricky question because it depends on whom you ask. Technically, French fries are a vegetable. In fact, one quarter of all vegetables eaten by children and adolescents are fried potatoes (French fries). However, they **do not** count towards the 5 A Day goal because of their high fat content. Baked French fries **might** count if they meet the recipe criteria below. The 5 A Day guidelines advocate that Americans eat more fruits and vegetables as part of a high fiber, low-fat eating style. Examples of other foods that **do not** count because of their high fat or sugar content (or an extremely small serving size) include:

- Ketchup
- Pickles/Olives
- Fruit Pies/Turnovers
- Onion Rings/Petals
- Hash Browns
- Jalapeño appetizers
- Jam/Jelly
- Fruit-flavored shakes or ice cream
- Avocado/guacamole
- Coconut

5 A Day Recipe Criteria

5 A Day recipes contribute at least one serving of a fruit and/or vegetable per serving of the recipe, and meet the following fat, saturated fat, cholesterol, and sodium guidelines:

- no more than 30% calories from fat (3 grams of total fat per 100 gram serving)
- no more than 10% of calories from saturated fat (1 gram of saturated fat per 100 grams)
- no more than 100 milligrams of sodium per serving