



How many fruits and vegetables do you need?


Everybody should eat a healthy diet rich in fruits and vegetables. But most adults need to eat more than children. And men need even more than women. Over 75% of all African Americans aren't eating enough fruits and vegetables to keep them healthy.




| Women | | | |
|---------------|-------|---------|------------|
| | AGE | FRUITS | VEGETABLES |
| less active | 19-30 | 2 cups | 2½ cups |
| | 31-50 | 1½ cups | 2½ cups |
| | 51+ | 1½ cups | 2 cups |
| fairly active | 19-50 | 2 cups | 2½ cups |
| | 51+ | 1½ cups | 2½ cups |
| active | 19-50 | 2 cups | 3 cups |
| | 51+ | 2 cups | 2½ cups |



| Men | | | |
|---------------|-------|---------|------------|
| | AGE | FRUITS | VEGETABLES |
| less active | 19-50 | 2 cups | 3 cups |
| | 51+ | 2 cups | 2½ cups |
| fairly active | 19-30 | 2 cups | 3½ cups |
| | 31+ | 2 cups | 3 cups |
| active | 19-30 | 2½ cups | 4 cup |
| | 31-50 | 2½ cups | 3½ cups |
| | 51+ | 2 cups | 3 cups |



| Girls | | | |
|---------------|-------|---------|------------|
| | AGE | FRUITS | VEGETABLES |
| less active | 2-3 | 1 cup | 1 cup |
| | 4-8 | 1 cup | 1½ cups |
| | 9-13 | 1½ cups | 2 cups |
| | 14-18 | 1½ cups | 2½ cups |
| fairly active | 2-3 | 1 cup | 1 cup |
| | 4-8 | 1½ cups | 1½ cups |
| | 9-13 | 1½ cups | 2 cups |
| | 14-18 | 2 cups | 2½ cups |
| active | 2-3 | 1 cup | 1 cup |
| | 4-8 | 1½ cups | 1½ cups |
| | 9-13 | 1½ cups | 2½ cups |
| | 14-18 | 2 cups | 3 cups |



| Boys | | | |
|---------------|-------|---------|------------|
| | AGE | FRUITS | VEGETABLES |
| less active | 2-3 | 1 cup | 1 cup |
| | 4-8 | 1½ cups | 1½ cups |
| | 9-13 | 1½ cups | 2½ cups |
| | 14-18 | 2 cups | 3 cups |
| fairly active | 2-3 | 1 cup | 1 cup |
| | 4-8 | 1½ cups | 1½ cups |
| | 9-13 | 1½ cups | 2½ cups |
| | 14-18 | 2 cups | 3 cups |
| active | 2-3 | 1 cup | 1 cup |
| | 4-8 | 1½ cups | 2 cups |
| | 9-13 | 2 cups | 2½ cups |
| | 14-18 | 2½ cups | 3½ cups |

MOST AFRICAN AMERICANS NEED TO EAT MORE FRUITS AND VEGETABLES EVERY DAY

- African American kids need to eat at least 2 more cups of fruits and vegetables a day to meet their needs.
- African American women need to eat 2½ more cups of fruits and vegetables a day to meet their needs.
- African American teenage boys and men need to eat 3 more cups of fruits and vegetables a day to meet their needs.