

## Souper Season of Comfort, Winter 2001

### Power Pantry

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#### What is a Serving?

*Hello. Here's more fruit and vegetable news that you can really enjoy. I'm always being asked, "exactly what is a serving of fruits and vegetables?" Really it's so easy! I'll show you in the context of a day, what 5 or more servings look like. A 6-ounce glass of 100% fruit juice for breakfast is one. A morning snack like this apple makes two. A ½ cup of raw vegetables for lunch is three. A ¼ cup of dried fruit for a snack is four. One cup of leafy salad greens and a ½ cup of cooked vegetables for dinner makes five and six. All fresh, frozen, dried, and canned fruits and vegetables add up using the same measures. My daily intake is about 8 or 9, and I know I'm doing what I can to fight cancer! See how easy this is! So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.*

#### Serving Size Tips:

1. Only ½ cup of a chopped fruit or vegetable is one serving.
2. Only ¼ cup of a dried fruit equals one serving.
3. 1 cup of raw leafy greens (like lettuce and spinach) equals one vegetable serving.
4. One medium piece of fruit (like an apple, orange, or pear) equals one serving, while a larger fruit, like a banana, can equal two servings.