



**GROCERY PICK-UP
TIP #2: THE FEEL**

Is it firm, is it fresh? Choose locally grown vegetables and fruit when possible. Frozen and canned are also healthy alternatives.



**GROCERY PICK-UP
TIP #3: THE FLEX**

Look good and perform at your best! Eating vegetables and fruit can help reduce your risk of cancer, heart disease and stroke.

Recommended Daily Servings of Vegetables and Fruit

Age	# of Food Guide Servings of Vegetables and Fruit
2-3 Years	4
4-8 Years	5
9-13 Years	6
14-18 Years (Female)	7
14-18 Years (Male)	8
19-50 Years (Female)	7-8
19-50 Years (Male)	8-10
51+ Years (Female)	7
51+ Years (Male)	7

One Food Guide Serving Equals:

- 1 medium size vegetable or fruit.
- 125 mL (1/2 cup) fresh, frozen or canned vegetables or fruit.
- 125 mL (1/2 cup) cooked leafy vegetables.
- 250 mL (1 cup) green salad or raw leafy vegetables.
- 125 mL (1/2 cup) 100% fruit juice.



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