



How Many Cups Do You Need?

Fruit and Veggie Daily Intake

The amount of fruits and vegetables your family needs daily depends on caloric needs, which are determined by age, gender and activity level. Given the abundant variety and multiple product forms from which to choose, eating the recommended amount is easier than you think. Every step taken toward eating more fruits and vegetables helps your family be at their best!

Find out how much you and your family members need:

WOMEN

Activity Level	Age	Fruits (cups)	Veggies (cups)
Less Active	19-30	1 ½	2 ½
	31-51	1 ½	2 ½
	51+	1 ½	2
Moderately Active	19-50	2	3
	51+	1 ½	2 ½
Active	19-50	2	3
	51+	2	3

MEN

Activity Level	Age	Fruits (cups)	Veggies (cups)
Less Active	19-50	2	3 ½
	51+	2	3
Moderately Active	19-30	2	3 ½
	31+	2	3 ½
Active	19-30	2 ½	4
	31-51	2 ½	4
	51+	2 ½	3 ½

GIRLS

Activity Level	Age	Fruits (cups)	Veggies (cups)
Less Active	2-3	1	1
	4-8	1	1 ½
	9-13	1 ½	2
	14-18	1 ½	2 ½
Moderately Active	2-3	1	1 ½
	4-8	1 ½	2
	9-13	1 ½	2 ½
	14-18	2	2 ½
Active	2-3	1	1 ½
	4-8	1 ½	2 ½
	9-13	1 ½	3
	14-18	2	3

BOYS

Activity Level	Age	Fruits (cups)	Veggies (cups)
Less Active	2-3	1	1
	4-8	1	1 ½
	9-13	1 ½	2 ½
	14-18	2	3
Moderately Active	2-3	1	1 ½
	4-8	1 ½	2
	9-13	1 ½	3
	14-18	2	3 ½
Active	2-3	1	1 ½
	4-8	1 ½	2 ½
	9-13	2	3 ½
	14-18	2 ½	4

