



Fruits for the Entire Family!



This is how many fruits we need each day:

Age	Girls	Boys	Age	Women	Men
2-3 years old	1 cup	1 cup	19-30 years old	2 c.	2 c.
4-8 years old	1 - 1 ½ cup	1 - 1 ½ cup	31-50 years old	1 ½ c.	2 c.
9-13 years old	1 ½ c.	1 ½ c.	51+	1 ½	2 c.
14-18 years old	1 ½ c.	2 c.			

What is a 1 cup equivalent of fruit?

1 small apple 1 cup of 100% juice 1 large banana 1 cup of canned fruit, drained

How will you fit fruits into meals/snacks for you and your child?

# of Cups Needed	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner
My Child: _____					
Me: _____					