Fruits and vegetables are the original fast food: easy to carry, easy to eat, lots of choices, and they taste great. Not to mention that they help lower your risk of cancer and other diseases, and give you the energy and stamina that all Laborers need.

So how many fruits and vegetables should you and your family members be eating? The guidelines are:

5 servings a day for children under 6*
7 servings a day for women and children over 6
9 servings a day for teen boys and men

Serving it Up

What is a serving of fruits and vegetables? Some examples of a serving include:

- 1 medium piece of fruit
- 3/4 cup (6 oz.) of 100% fruit juice
- 1/2 cup of chopped, cooked, or canned fruit
- 1/4 cup of dried fruit

- 1 cup of raw leafy vegetables (like lettuce or spinach, for example)
- 1/2 cup of cooked vegetables
- 1/2 cup of chopped raw vegetables
- 3/4 cup (6 oz.) of 100% vegetable juice

- 1/2 cup of cooked beans or peas (like lentils, pinto beans, or kidney beans, for example)

* For children under 6, a serving consists of 1 tablespoon for each year of age. For example, when feeding a 2-year-old, 2 tablespoons would count as 1 serving.

Good to Go

Looking for some fruits and vegetables that are easy to pack up and bring to work? Here’s a list to get you started:

- dried fruit
- single servings of applesauce
- carrots
- bananas
- broccoli
- apples
- oranges
- pears
- single servings of canned fruit (in its own juice)
- strawberries
- plums
- apricots