# How many fruits and vegetables do you need?

Everybody should eat a healthy diet rich in fruits and vegetables. But most adults need to eat more than children. And men need even more than women. Over 75% of all African Americans aren't eating enough fruits and vegetables to keep them healthy.

## Women

| | AGE | FRUITS | VEGETABLES |
|---|---|---|---|
| less active | 19–30 | 2 cups | 2½ cups |
| less active | 31–50 | 1½ cups | 2½ cups |
| less active | 51+ | 1½ cups | 2 cups |
| fairly active | 19–50 | 2 cups | 2½ cups |
| fairly active | 51+ | 1½ cups | 2½ cups |
| active | 19–50 | 2 cups | 3 cups |
| active | 51+ | 2 cups | 2½ cups |

## Men

| | AGE | FRUITS | VEGETABLES |
|---|---|---|---|
| less active | 19–50 | 2 cups | 3 cups |
| less active | 51+ | 2 cups | 2½ cups |
| fairly active | 19–30 | 2 cups | 3½ cups |
| fairly active | 31+ | 2 cups | 3 cups |
| active | 19–30 | 2½ cups | 4 cup |
| active | 31–50 | 2½ cups | 3½ cups |
| active | 51+ | 2 cups | 3 cups |

## Girls

| | AGE | FRUITS | VEGETABLES |
|---|---|---|---|
| less active | 2–3 | 1 cup | 1 cup |
| less active | 4–8 | 1 cup | 1½ cups |
| less active | 9–13 | 1½ cups | 2 cups |
| less active | 14–18 | 1½ cups | 2½ cups |
| fairly active | 2–3 | 1 cup | 1 cup |
| fairly active | 4–8 | 1½ cups | 1½ cups |
| fairly active | 9–13 | 1½ cups | 2 cups |
| fairly active | 14–18 | 2 cups | 2½ cups |
| active | 2–3 | 1 cup | 1 cup |
| active | 4–8 | 1½ cups | 1½ cups |
| active | 9–13 | 1½ cups | 2½ cups |
| active | 14–18 | 2 cups | 3 cups |

## Boys

| | AGE | FRUITS | VEGETABLES |
|---|---|---|---|
| less active | 2–3 | 1 cup | 1 cup |
| less active | 4–8 | 1½ cups | 1½ cups |
| less active | 9–13 | 1½ cups | 2½ cups |
| less active | 14–18 | 2 cups | 3 cups |
| fairly active | 2–3 | 1 cup | 1 cup |
| fairly active | 4–8 | 1½ cups | 1½ cups |
| fairly active | 9–13 | 1½ cups | 2½ cups |
| fairly active | 14–18 | 2 cups | 3 cups |
| active | 2–3 | 1 cup | 1 cup |
| active | 4–8 | 1½ cups | 2 cups |
| active | 9–13 | 2 cups | 2½ cups |
| active | 14–18 | 2½ cups | 3½ cups |

## MOST AFRICAN AMERICANS NEED TO EAT MORE FRUITS AND VEGETABLES EVERY DAY

- African American kids need to eat at least 2 more cups of fruits and vegetables a day to meet their needs.
- African American women need to eat 2½ more cups of fruits and vegetables a day to meet their needs.
- African American teenage boys and men need to eat 3 more cups of fruits and vegetables a day to meet their needs.