

What is 5 A Day?

Eat 5 A Day for Better Health!

The "5 A Day for Better Health Program" is a national public health program that encourages all Americans to eat 5 to 13 servings of fruits and vegetables every day. The number of servings a person needs depends on his or her age and activity level. See the chart at the bottom of this page for more information.

Most children in the United States do not eat enough fruits and vegetables. In fact, just one out of every five kids in the U.S. eats at least five servings a day.

Eating 5 to 13 servings of fruits and vegetables a day provides a variety of health benefits. Fruits and vegetables are sources of essential nutrients like vitamin C, vitamin A, potassium, and fiber. Fruits and vegetables also contain health-promoting substances called phytochemicals. Phytochemicals are naturally produced by plants. Experts believe many of the health benefits of a diet rich in fruits and vegetables are due to the health-promoting activities of phytochemicals.

Along with regular physical activity and maintaining a healthy weight, eating a diet rich in fruits and vegetables every day promotes good health and reduces the risk of cancer, heart disease, hypertension, stroke, diabetes and other chronic diseases.

What's a serving?

- 1 medium piece of fruit, like an apple or banana
- ½ cup canned or fresh-cut fruit, in its own juice
- ¼ dried fruit, like raisins
- 6 ounces 100% fruit or vegetable juice
- ½ cup raw or cooked vegetables, like broccoli, corn or carrots
- 1 cup leafy greens, like lettuce or baby spinach

What's your daily goal?

Use this chart to determine the minimum number of servings you and your child should eat every day.

Age & Gender	Estimated Daily Calorie Needs	Daily Cups of Fruits and Vegetables	Daily Servings of Fruits and Vegetables
Young children, 1-3 years Girls, 4-8 years	1,200	2 ½ cups	5
Boys, 4-8 years	1,400	3 cups	6
Girls, 9-13 years Women, 51+ years	1,600	3 ½ cups	7
Boys, 9-13 years Girls, 14-18 years Women, 31-50 years	1,800	4 cups	8
Women, 19-30 years Men, 51+ years	2,000	4 ½ cups	9
Boys, 14-18 years Men, 19-50 years	2,200	5 cups	10
Active Boys, 14-18 Active Men, 19-30 years	2,600-3,200	5 ½ to 6 ½ cups	11 to 13