



Fruit Group
Focus on fruits

How Much Fruit?

This chart shows how much to eat from the Fruit Group. This amount is right for persons who get less than 30 minutes of moderate physical activity each day. Those who are more active may need to eat more food to meet their calorie (energy) needs. Individual needs vary, so use this as a general guide to your food intake.

Group	Age	Daily Recommendation
Males	19 years and over	2 cups
Females	19-30 years old	2 cups
Females	31+ years old	1½ cups

What Counts as a Cup?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit each counts as 1 cup from the fruit group.

Here are some examples:

1 small (2½ inch) apple

32 seedless grapes

1 cup pineapple chunks

1 cup 100% fruit juice

1 large (8 to 9 inch) banana

1 medium (4 inch) grapefruit

½ cup dried fruit (raisins, prunes, apples, apricots, etc)

1 large (2¾ inch) peach

