



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. Young people 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 food intake.

Group	Age	Daily Recommendation
Children	4-8 years old	1½ cups
Girls	9-18 years old	1½ cups
Boys	9-13 years old	1½ cups
Boys	14-18 years old	2 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

1 cup pineapple chunks

1 large (8- to 9-inch) banana

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

32 seedless grapes

1 cup 100% fruit juice

1 medium (4-inch) grapefruit

1 large (2¾-inch) peach

