

# Fruits

- Eat a variety of fruits
- Go easy on fruit juices



- Chose fresh, frozen, canned, or dried fruit

- Women aged 19-30 need about 2 cups
- Men aged 19-30 need about 2 cups

- 1 cup = 1 cup of fruit or 100% fruit juice
  - 1/2 cup dried fruit
  - 1 small apple
  - 1 large banana
  - About 8 large strawberries

Source: [www.brown.edu](http://www.brown.edu)

# Milk Group

- Get your calcium-rich foods
- Go low-fat or fat free



- Lactose intolerant? Choose lactose free products or other calcium sources

- Women aged 19-30 need about 3 cups
- Men aged 19-30 need about 3 cups

- 1 cup = 1 cup milk or yogurt
  - 1 and 1/2 ounces of natural cheese (cheddar, mozzarella, Swiss)
  - 2 ounces of processed cheese (American)

Source: [www.brown.edu](http://www.brown.edu)