

“What Does 5-9 Servings of Fruits & Veggies Really Mean?”

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By Marissa

Okay, so you're convinced you need to eat more vegetables after reading yesterday's post, "[5 reasons to eat more veggies](#)." How on Earth should you include 5-9 servings into your diet? It does not mean to eat, "5-9 servings of fruits and zero vegetables," nor does it mean, "5-9 servings of fruits and another 5-9 servings of veggies." The USDA defines 5-9 servings per day as: a minimum of 3-5 servings of vegetables (a serving = 1 cup raw or ½ cup cooked) and a minimum of 2-4 servings of fruit (a serving = 1 cup raw or one whole piece). Many experts and researchers have increased the total recommendation to 9-13 servings per day. How you can meet 9 servings today: enjoy 2 servings of fruit with breakfast, 3 servings of veggies with lunch, 1 whole fruit as a snack, 1 cup raw veggies as a snack, and 2 servings of veggies with dinner. That is what 9 servings of fruits and veggies looks like. To see how this looks in a "meals format," I've provided a sample plan below.



Sample day with 9 servings of fruits and vegetables:

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Fruits & Veggies	1 Cup berries	1 apple	2 Cups Spinach ; 1 cup raw mixed veggies	1 cup raw broccoli	1 cup cooked spinach (this equals 2 servings)	1 cup strawberries
Protein	1 cup Greek yogurt	1 Babybel cheese	1 serving grilled chicken or beans		1 serving salmon	
Fat	1 tbsp flaxseed		1-2 tablespoons olive oil (cheese and avocado serve as a fat)	Ranch dip	1 serving dill sauce on top of salmon	
Carbs	Sprinkle of granola		1 whole wheat roll		½ cup wild rice	Dipped in chocolate