

Strive for Five

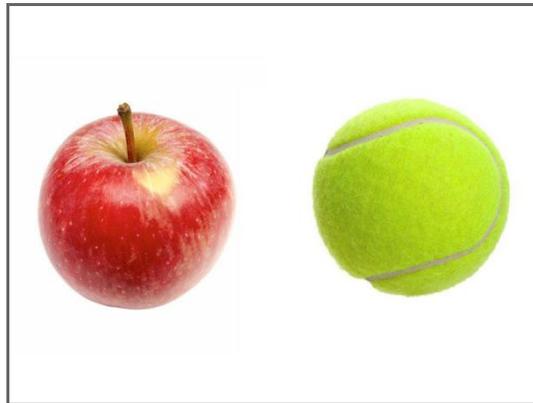
What is a Serving?



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- 1 medium-sized fruit
- 1/2 cup fresh, frozen or canned (drained) fruit, veggies, or beans
- 1 cup raw leafy vegetables; or 1/4 cup dried fruit
- 1/2 cup of fruit or vegetable juice also counts, although the whole version packs a bigger nutrition punch
- Remember, **fried ones don't count.**
- Use this challenge as an excuse to try some NEW fruits and veggies!

1 cup is 2 servings for most fruits and vegetables



Join the Challenge!

July 21-August 24

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