Strive for Five

What is a Serving?

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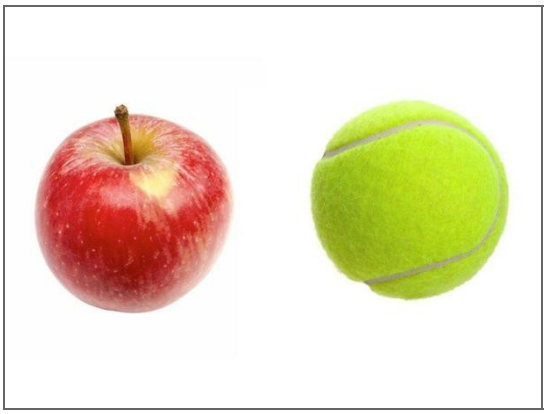
- 1 medium-sized fruit
- 1/2 cup fresh, frozen or canned (drained) fruit, veggies, or beans
- 1 cup raw leafy vegetables; or 1/4 cup dried fruit
- 1/2 cup of fruit or vegetable juice also counts, although the whole version packs a bigger nutrition punch
- *Remember,* ***fried ones don't count****.*
-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

Click here

for a visual of what 1 cup looks like
(2 servings for most fruits and vegetables)



Join the Challenge!
Print out your tracking sheet at
www.benefits.mt.gov/striveforfive.mcpx

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