



How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex and level of physical activity. Recommended daily amounts are shown in the chart.

Recommended amounts are shown in the table below.

Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1 to 1 ½ cups**
Girls	9-13 years old	1 ½ cups**
	14-18 years old	1 ½ cups**
Boys	9-13 years old	1 ½ cups**
	14-18 years old	2 cups**
Women	19-30 years old	2 cups**
	31-50 years old	1 ½ cups**
	51+ years old	1 ½ cups**
Men	19-30 years old	2 cups**
	31-50 years old	2 cups**
	51+ years old	2 cups**

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Key Consumer Message: *Make half your plate fruits and vegetables.*

From the USDA's MyPlate.gov website