



Nutrition for the Health of It

www.NutritionfortheHealthofit.com

Recommended Daily Servings of Fruits

(Source: ChooseMyPlate.gov)

	Age	Servings a day
Children	2-3 years	1 cup
	4-8 years	1 to 1 1/2 cups
Girls	9-13 years	1 1/2 cups
	14-18 years	1 1/2 cups
Boys	9-13 years	1 1/2 cups
	14-18 years	2 cups
Women	19-30 years	2 cups
	31-50 years	1 1/2 cups
	51+ years	1 1/2 cups
Men	19-30 years	2 cups
	31-50 years	2 cups
	51+ years	2 cups

