



# Recommended Cups of Fruits and Vegetables for Adults

How many cups of fruits and vegetables do you need? It depends on your gender, age, and physical activity level. For more information, visit [www.mypyramid.gov](http://www.mypyramid.gov).

When you think about your physical activity level, keep in mind that physical activity is moderate- to vigorous-intensity activity (such as brisk walking, jogging, bicycling, aerobics, or yard work) that you do in addition to your normal daily routine.

WOMEN				
DAILY PHYSICAL ACTIVITY	AGE	FRUITS	VEGETABLES	TOTAL
less than 30 minutes	19–25	2 cups	2½ cups	4½ cups
	26–50	1½ cups	2½ cups	4 cups
	51+	1½ cups	2 cups	3½ cups
30 to 60 minutes	19–25	2 cups	3 cups	5 cups
	26–50	2 cups	2½ cups	4½ cups
	51+	1½ cups	2½ cups	4 cups
more than 60 minutes	19–60	2 cups	3 cups	5 cups
	61+	2 cups	2½ cups	4½ cups

MEN				
DAILY PHYSICAL ACTIVITY	AGE	FRUITS	VEGETABLES	TOTAL
less than 30 minutes	19–20	2 cups	3½ cups	5½ cups
	21–60	2 cups	3 cups	5 cups
	61+	2 cups	2½ cups	4½ cups
30 to 60 minutes	19–25	2½ cups	3½ cups	6 cups
	26–45	2 cups	3½ cups	5½ cups
	46+	2 cups	3 cups	5 cups
more than 60 minutes	19–35	2½ cups	4 cups	6½ cups
	36–55	2½ cups	3½ cups	6 cups
	56–75	2 cups	3½ cups	5½ cups
	76+	2 cups	3 cups	5 cups

For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483. Funded by the USDA Food Stamp Program, an equal opportunity provider and employer.