

## **FRUIT & VEGETABLE CHART**

Earn up to 100 bonus steps (10 bonus steps per serving) a day just for eating your fruits and vegetables. Here are some typical serving sizes for fruits and vegetables:

## **VEGETABLES**

- Asparagus, fresh 5 spears
- Baked Beans ½ cup
- Broccoli 2 large florets
- Carrots 1 large
- Celery 3 sticks
- Mixed Salad 1 cup
- Peas, fresh, frozen or canned ½ cup
- Lettuce 1 cup
- Snowpeas handful
- Spinach, cooked ½ cup
- Sweetcorn, fresh, frozen or canned ½ cup
- Tomato 1 medium
- Vegetable Sticks handful of mixed celery, pepper, carrot, etc.
- Zucchini half a large one

## **FRUIT**

- Apple, dried 4 rings
- Apple, fresh 1 medium
- Banana 1 medium
- Clementines 2
- Cherries, fresh 14
- Kiwi 2
- Grapefruit half
- Grapes handful
- Mango 2 slices
- Melon 1 large slice
- Peach, fresh 1 medium
- Pear 1 medium
- Pineapple, canned 2 rings
- Pineapple, fresh 1 large slice
- Plums 2 medium
- Nectarine 1 medium
- Raisins ¼ cup
- Raspberries 2 handfuls
- Strawberries 7