



# MATCH the MAYOR VII



## Colorful Choices™

A serving is 1 cup of most raw and ½ cup of cooked vegetables and 1 cup of most raw fruits.  
(All servings listed are raw and are approximate as vegetables and fruits vary in size.)

- ½ bell pepper
- 1 medium beet
- 15 medium radishes
- 1 medium tomato
- 1 small apple
- 25 raspberries
- 8 large strawberries
- 15 cherries



- 1 medium carrot or 6 baby
- ½ sweet potato
- ¼ of small butternut squash
- 1 large orange
- 1 medium mango
- 1 medium peach
- 1 slice cantaloupe
- 1 cup cooked beans



- 3 slices eggplant
- 20 blackberries
- 2 plums
- 30 blueberries
- 32 grapes



- ½ large ear of corn
- ½ large summer squash
- 1 medium pear
- 2 slices pineapple
- 8" banana



- 2 large leaves kale
- 12 spears asparagus
- 5 florets broccoli
- 5 brussels sprouts
- 1 medium avocado
- 2 kiwi



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### ▪ Healthy Portion Examples ▪

Vegetables		Fruits	
 <p>2 cups salad greens</p> 	 <p>1/2 cup chopped or canned fruit</p> 		
 <p>1 baked potato</p> 	 <p>1/4 cup of raisins</p> 		
 <p>1/2 cup of cooked vegetables</p> 	 <p>1 small apple</p> 		



Limit beans (like black, navy, pinto, kidney, white, garbanzo, lima, and lentils) and starchy vegetables (like potatoes, sweet potatoes, green peas, and corn) to 1 serving/day and fruit to 2 servings/day).

