MATCH the MAYOR VII

## Colorful Choices™

A serving is 1 cup of most raw and  $\frac{1}{2}$  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.)





Brought to you by Village Vitality in partnership with DaVita Dietitians. ½ large ear of corn
½ large summer squash
1 medium pear
2 slices pineapple
8" banana



SED

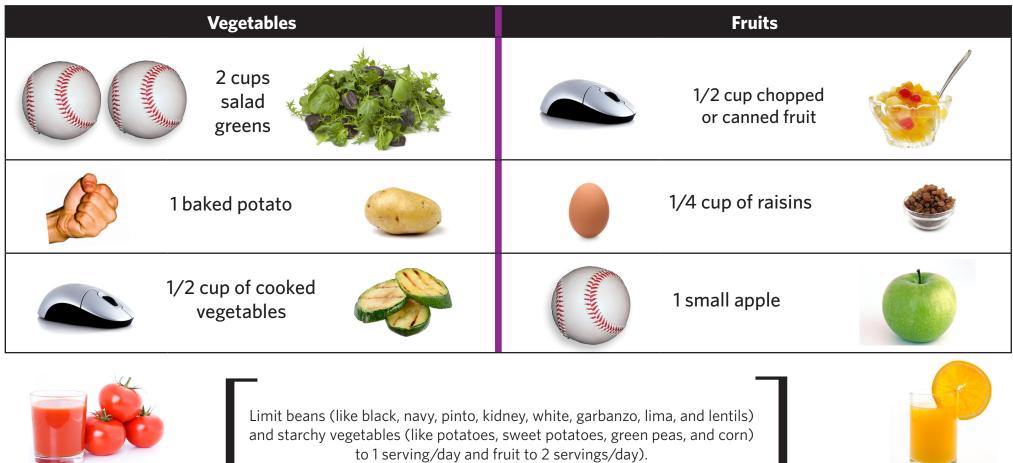
Match th Mayor MATCH the MAYOR VII



1 cup fruit juice

**Colorful Choices™** 

## Healthy Portion Examples



1/2 cup tomato juice