

Best Canned Food For a Healthy You!



Canned Fruit: Look for varieties packed in 100% fruit juice or water



Canned Vegetables: Look for no salt added, low sodium, or reduced sodium varieties



Canned Juice: Look for low sodium vegetable juice and 100% or no sugar added fruit juice



Canned Beans: Look for beans without lard or hydrogenated oils in ingredient list



Canned Fish and Meat: Look for varieties packed in water and without added salt

Funded by the USDA's Food Stamp Program through the Network for a Healthy California.
www.cachampionsforchange.net



Recommended Cups of Fruits and Vegetables for Adults

How many cups of fruits & vegetables do you need?
It depends on your gender, age, & physical activity level.
For physical activity, physical activity is moderate to vigorous intensity activity that you do in addition to your normal daily routine.



WOMEN



Age	Fruits	Vegetables	Total
Daily Activity: Less Than 30 minutes			
19-25	2 cups	2 1/2 cups	4 1/2 cups
26-50	1 1/2 cups	2 1/2 cups	4 cups
51+	1 1/2 cups	2 cups	3 1/2 cups
Daily Activity: 30 to 60 Minutes			
19-25	2 cups	3 cups	5 cups
26-50	2 cups	2 1/2 cups	4 1/2 cups
51+	1 1/2 cups	2 1/2 cups	4 cups
Daily Activity: More Than 60 Minutes			
19-60	2 cups	3 cups	5 cups
61+	2 cups	2 1/2 cups	4 1/2 cups

MEN

Age	Fruits	Vegetables	Total
Daily Activity: Less Than 30 minutes			
19-20	2 cups	3 1/2 cups	5 1/2 cups
21-60	2 cups	3 cups	5 cups
61+	2 cups	2 1/2 cups	4 1/2 cups
Daily Activity: 30 to 60 minutes			
19-25	2 1/2 cups	3 1/2 cups	6 cups
26-45	2 cups	3 1/2 cups	5 1/2 cups
46+	2 cups	3 cups	5 cups
Daily Activity: More Than 60 Minutes			
19-35	2 1/2 cups	4 cups	6 1/2 cups
36-55	2 1/2 cups	3 1/2 cups	6 cups
56-75	2 cups	3 1/2 cups	5 1/2 cups
76+	2 cups	3 cups	5 cups



For more information go to www.mypyramid.gov