Flavors
OF MY KITCHEN
Recommended Cups of Fruits and Vegetables

How many cups of fruits and vegetables do you need? It depends on your age, gender, and level of physical activity.

The tables below are the recommendations for less active people. Visit www.choosemyplate.gov to see the larger amounts needed by more active people.

<table>
<thead>
<tr>
<th>Age</th>
<th>Fruits</th>
<th>Vegetables</th>
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</thead>
<tbody>
<tr>
<td>19-50</td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>51+</td>
<td>2 cups</td>
<td>2½ cups</td>
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Women

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<tbody>
<tr>
<td>19-30</td>
<td>2 cups</td>
<td>2½ cups</td>
</tr>
<tr>
<td>31-50</td>
<td>1½ cups</td>
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<td>1 cup</td>
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</tr>
<tr>
<td>4-8</td>
<td>1 cup</td>
<td>1½ cups</td>
</tr>
<tr>
<td>9-13</td>
<td>1½ cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>14-18</td>
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Boys

Make Half Your Plate Fruits and Vegetables!

What does a cup of broccoli look like? How many baby carrots are in a cup? Even nutrition professionals don’t have all these measurements memorized! So make it easy: fill half your plate with colorful fruits and vegetables at every meal.

![Choose My Plate](ChooseMyPlate.gov)
Chilaquiles

Top with eggs for a tasty breakfast dish, or try it as a snack.

Makes 4 servings. 1 cup per serving. | Prep time: 15 minutes | Cook time: 25 minutes

Nonstick cooking spray
1/2 cup chopped onion
3 cups chopped tomatoes
2 jalapeño peppers, stemmed, seeded, and finely chopped
2 cloves garlic, finely chopped
1/2 teaspoon dried oregano
1/2 teaspoon salt
8 (6-inch) corn tortillas, each cut into 6 wedges, crisped*
1/2 cup shredded reduced fat Cheddar and Monterey Jack (Mexican blend) or Cotija cheese

Optional Topping
Chopped fresh cilantro

1. Spray a large saucepan with nonstick cooking spray.
   Add onion and cook over medium-high heat for 5 minutes until lightly brown, stirring often.

2. Stir in tomatoes, peppers, garlic, oregano, and salt and cook for a few more minutes.

3. Pour mixture into a blender container, cover with a tight fitting lid, and blend until smooth.

4. Place mixture back into saucepan. Bring to a boil, and then simmer over medium heat for 5 minutes.

5. Add crisp tortillas to saucepan; cook for 2 to 3 minutes more.

6. Sprinkle with cheese then cover and let stand for a minute or so more to melt cheese.

7. Serve immediately, topped with cilantro, if you like.

*To crisp tortilla wedges, spray on both sides with nonstick cooking spray. Bake in a single layer at 425°F for 10 to 12 minutes or until lightly browned and crisp.
Corn and Squash Sauté

To make this flavorful side dish a whole meal, just add a can of drained and rinsed black beans.

Makes 4 servings. ¾ cup per serving. | Prep time: 10 minutes | Cook time: 20 minutes

- ½ tablespoon vegetable oil
- 1 cup chopped onion
- 1 cup fresh or frozen corn, thawed
- 1 cup chopped zucchini
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- 2 cloves garlic, chopped
- 1 poblano pepper, seeded and chopped
- ¼ cup crumbled Queso Fresco cheese

1. In a medium nonstick skillet, heat oil over medium-high heat.
2. Add onion and cook for 10 minutes, stirring frequently.
3. Add vegetables and seasonings to skillet and cook for 8 minutes more, stirring occasionally.
4. Sprinkle with cheese and serve hot.

**tip:** Spoon into corn or whole wheat tortillas for a great meatless taco or burrito filling.
Nutrition information per serving:

- Calories: 100
- Carbohydrate: 16 g
- Dietary Fiber: 3 g
- Protein: 3 g
- Total Fat: 3 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Cholesterol: Less than 5 mg
- Sodium: 170 mg