



# Take In

more fruits and veggies

*2 ½ - 5 cups a day*

## *For About 100 Calories, You Can Have...*

- 1 ¼ apple or 1 medium banana
- 2 oranges
- 2 cups of watermelon
- 10 strawberries
- 15 grapes
- 3 cups of popcorn
- 21 small pretzels
- 1/3 of a candy bar

A healthy eating style is like a puzzle with many pieces. There is a place for all these foods. What makes a diet good or bad is how they fit together.



South Carolina Department of Health  
and Environmental Control

[www.scdhec.gov](http://www.scdhec.gov)

This material was funded by USDA's Supplemental Nutrition Assistance Program.

This institution is an equal opportunity provider and employer.