

**Fruit and Vegetables Guidelines for 9- to 11-Year-Old Children
Based on Age, Gender, and Activity Level**

Less Than 30 Minutes of PA

Age	Cups of Fruits	Vegetables	Total
9	1 1/2	2	3 1/2
10	1 1/2	2	3 1/2
11	1 1/2	2 1/2	4

30-60 Minutes of PA

Age	Cups of Fruits	Vegetables	Total
9	1 1/2	2 1/2	4
10	1 1/2	2 1/2	4
11	2	2 1/2	4 1/2

60 or More Minutes of PA

Age	Cups of Fruits	Vegetables	Total
9	2	2 1/2	4 1/2
10	2	3	5
11	2	3	5

Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.