



Vegetable and Fruit (V/F) Servings: An HMR® Program Imperative

Servings of vegetables and fruits are one of the three Imperative behaviors in the HMR Program. This applies to both the Healthy Solutions® diet plan for weight loss and as a tool for weight management in Phase 2. In both cases, the Imperative is: A minimum of 35 servings of vegetables/fruits (V/F) per week.

How much is a “Serving?”

... of Vegetables?

- 1 cup of vegetables
- ½ cup of avocado, legumes (e.g. kidney beans)
- ½ cup mashed vegetables (e.g. potatoes or pumpkin)
- 3 cups of leafy greens (e.g. lettuce, spinach, or kale)

...of Fruit?

- 1 cup sliced fruit or berries
- 1 cup unsweetened canned fruit or berries
- 1 medium piece of fruit (e.g. banana)
- ½ cup mashed fruit (e.g. applesauce)

Remember, all vegetables and fruits are:

- Low in calories. That means they can help you lose weight quicker and keep more off.
- High in nutrients. There is a significant health bonus for your overall health management.
- High in volume. You can eat more and feel fuller.

Circle the vegetables you would like to try			Circle the fruits you would like to try		
Acorn squash	Eggplant	Pinto beans	Apples	Kiwi fruit	Plantains
Alfalfa sprouts	Endive	Potatoes	Apricots	Kumquats	Plums
Artichokes	Garbanzo	Pumpkin	Bananas	Loquat	Pomegranate
Asparagus	beans	Rutabaga	Blackberries	Lychee	Prickly pears
Avocado	Green beans	Soybeans	Blueberries	Mango	Quince
Black beans	Jicama	Spinach	Boysenberries	Nectarines	Raspberries
Black-eyed	Kale	Summer	Cantaloupe	Oranges	Rhubarb
peas	Kidney beans	squash	Cherries	Papaya	Star fruit
Beet greens	Kohlrabi	Sweet potato	Clementines	Passion fruit	Strawberries
Bok Choy	Leeks	Swiss Chard	Grapefruit	Peaches	Tangerines
Broccoli	Lentils	Tomato	Grapes	Pears	Watermelon
Brussel sprouts	Lettuce	Turnips	Guava	Persimmon	
Butternut	Lima Beans	Watercress	Honeydew	Pineapple	
squash	Mushrooms	Water	melon		
Cabbage	Navy beans	chestnuts			
Carrots	Okra	Yams			
Cauliflower	Onions	Yellow wax			
Celery	Parsnips	beans			
Collard greens	Peas (green)	Zucchini			
Corn	Peppers (red,				
Cucumber	green, yellow)				

You can choose either fresh, frozen, or canned vegetables and fruits. Try to choose vegetables and fruits that are in their most natural state. For example: vegetables without added fats like butter or cheese sauce, and fruits without added sugar or syrups.