

New Mexico State University

Extension Family and Consumer Sciences

Dietary Guidelines for Americans (DGA), 2025–2030 Explained

Daily Vegetables and Fruits Recommendations

The Dietary Guidelines for Americans (DGA) recommend that healthy adults aim for:

- **Vegetables: 3 servings per day**
- **Fruits: 2 servings per day**

Eating a variety of colorful fruits and vegetables provides important nutrients such as vitamins, minerals, fiber, and antioxidants that support overall health.

Vegetables and fruits can be enjoyed in many forms, including fresh, frozen, canned, dried or dehydrated. They may be eaten raw or cooked, and served whole, chopped, sliced, mashed, or blended.

What Counts as 1 Serving of Vegetables?

The following are examples of what counts as approximately **1 serving** from the Vegetable Group:

- 1 cup raw vegetables
- ½ cup cooked vegetables
- 2 cups leafy greens and herbs
Examples: spinach, lettuce, kale, parsley, cilantro
- 1 cup 100% vegetable juice

What Counts as 1 Serving of Fruit?

The following are examples of what counts as approximately **1 serving** from the Fruit Group:

- 1 cup fresh, frozen, or canned fruit
- ½ cup dried fruit
Examples: raisins, dried apricots, or dried cranberries
- 1 cup (8 ounces) 100% fruit juice
- 1 small apple
- 1 medium pear
- 1 large banana, peach, or orange
- 2 large plums
- 8 large strawberries
- 1 cup cubed melon

Key Point: Choosing a variety of fruits and vegetables each day can help support digestion, heart health, immune function, and overall wellness.



Important Note:

Individuals with medical conditions or specific dietary needs should consult with their physician and/or registered dietitian for personalized nutrition guidance.

Resources:

- **Dietary Guidelines for Americans, 2025–2030:**
<https://cdn.realfood.gov/DGA.pdf>
- *Krause and Mahan's food and the nutrition care process* (16th ed.). Raymond, J. L., & Morrow, K. (2023). Elsevier.

Contact:

Dr. Zahra Zadeh, RDN, PhD
Extension Nutrition Specialist
Tel: 575-646-3097

email: zzadeh@nmsu.edu

<https://efcs.nmsu.edu/programs/food-nutrition-website.html>



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