### RECOMMENDED SERVING SIZES

**Caribbean Fruits and Vegetables**

We strongly recommend that you consume Caribbean fruits and vegetables daily to meet these daily serving requirements.

**Serving Size Example**

<table>
<thead>
<tr>
<th>Scientific Name</th>
<th>Common Name</th>
<th>Size of one serving</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Carica papaya</em></td>
<td>Papaya</td>
<td>1/2 cup</td>
</tr>
<tr>
<td><em>Canarium indicum</em></td>
<td>Starfruit</td>
<td>1 cup</td>
</tr>
<tr>
<td><em>Carica papaya</em></td>
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<td>1 cup</td>
</tr>
</tbody>
</table>

### A GUIDE TO SERVING SIZES

**Eggplant**

- **1 Serving Example:** 1/2 cup

**Pumpkin**

- **1 Serving Example:** 1/2 cup

More than 85% of the Caribbean region does not meet the regional fruit and vegetable serving recommendations.

The WHO daily fruit and vegetable recommendations are not being met regionally.

**Use our guide below to determine serving sizes for common Caribbean vegetables.**

*Available from the Caribbean Public Health Agency (CARPHA) and the Caribbean Public Health Commission (CARICOM)*

*Adapted from the Guide to Caribbean Foods, 2015*