

How Much Equals A Fruit OR Vegetable Serving

Apple/Applesauce

½ large (1 cup) 1 small (1/2 cup)
1 cup sliced or chopped, raw or cooked (1 cup) or ½ cup sliced or chopped, raw or cooked (1/2 cup)
1 cup applesauce (1 cup)
1 snack container (1/2c)

Banana

1 cup sliced
1 small (1/2cup) 1 large (1 cup)

Berries

½ -1 cup blueberries or raspberries
(1/2 -1 cup)

Cantaloupe

1 cup diced or melon balls (1 cup)
1 medium wedge (1/8 of a med. melon) ½ cup

Grapes

1 cup whole or cut-up(1 cup)
32 seedless (1 cup) 16 (1/2 cup)

Grapefruit

1 medium (1 cup) ½ medium (1/2 cup) or 1 cup sections

Mixed fruit (fruit cocktail)

1 cup diced or sliced, raw or canned
1 snack container (1/2 cup)

Orange

1 large (1 cup) 1 small (1/2 cup)
Sections mandarin (1 cup)

Peach

1 large (1 cup) 1 small(1/2 cup)
1 cup sliced or diced, raw(1 cup)
1 snack container (½ cup)

Pear

1 medium pear (2.5 per lb) (1 cup)
1 snack container (1/2 cup)
1 cup sliced or diced, raw (1cup)

Pineapple

1 cup chunks, sliced or crushed, raw, cooked or canned, drained (1 cup)
1 snack container (½ cup)

Plum

1 cup sliced raw or cooked (1 cup)
3 medium or 2 large plums (1 cup)
1 large plum(1/2 cup)

Strawberries

About 8 large berries (1 cup)
1 cup whole or sliced, fresh or frozen(1 cup) ½ cup whole or sliced

Watermelon

1 small wedge (1" thick) (1 cup)
6 melon balls (1/2 cup) 1 cup diced

Dried fruit

½ cup dried fruit is equal to 1 cup fruit
½ cup raisins ½ cup dried plums
½ cup dried apricots
¼ cup dried fruit is equivalent to ½ cup fruit such as 1 small box(1.5 oz) raisins
100% fruit juice (orange, apple, grape, grapefruit, etc.) 1 cup
½ cup



Broccoli

1 cup chopped or florets(1 cup)

3 spears 5" long raw or cooked

Greens (collards, mustard greens, spinach etc) Raw leafy greens:

2 cups raw is equivalent to 1 cup cooked 1 cup raw is equivalent to ½ cup cooked

Orange Vegetables

Carrots 1 cup, strips, slices, or chopped, raw

2 medium(1 cup)

12 baby carrots (1 cup)

6 baby carrots(1/2 cup)

Pumpkin

1 cup mashed, cooked(1 cup)

Sweet potato

1 large baked (1 cup)

1 cup sliced or mashed, cooked

Winter squash (acorn, butternut, hubbard) 1 cup cubed, cooked

½ acorn squash, baked = ¾ cup

Summer squash or zucchini

1 cup cooked, sliced or diced

Dry beans and peas

Dry beans and peas (Such as black, garbanzo, kidney, pinto, or soy beans, or black eyed peas or split peas) 1 cup whole or mashed, cooked

Tofu 1 cup ½" cubes about 8 oz – (1 cup)

Starchy Vegetables**Corn**(1 cup)

1 large ear (1 cup)1 small ear (1/2 cup)

Bean sprouts, cooked(1 cup)

Cabbage chopped or shredded raw or cooked (1 cup)

Cauliflower florets raw or cooked(1 cup)

Celery 1 cup, diced or sliced, raw or cooked or 2 large stalks (1 cup)

1 large stalk (1/2 cup)

Cucumbers 1 cup raw, sliced or chopped

Green or wax beans 1 cup cooked

Green or red peppers

1 cup chopped, raw or cooked

1 large pepper (1 cup) 1 small (1/2 cup)

Lettuce, iceberg or head

2 cups raw, shredded or chopped(1 cup)

1 cup raw, shredded or chopped (1/2cup)

Mushrooms raw or cooked(1 cup)

Onions raw or cooked (1 cup)

Tomatoes

1 large raw whole (1 cup)

1 small raw whole (1/2 cup)

1 cup chopped or sliced, raw, canned, or cooked or Tomato or mixed vegetable juice 1 cup or ½ cup

Green peas(1 cup)

White potatoes diced, mashed(1 cup)

1 medium boiled or baked French fried: 20 medium to long strips(1 cup)



