## Counting Fruits and Vegetables How much is a cup?

The amount of fruits and vegetables you should eat depends on your age, sex, and level of physical activity. Most adults need 2-3 cups of vegetables and  $1\frac{1}{2}-2$  cups of fruit each day. More specific recommendations can be found at <a href="https://www.choosemyplate.gov">www.choosemyplate.gov</a>

FRUITS	Amount that counts as 1 cup
	of fruit
Apple	½ large (3.25" diameter)
	1 small (2.5" diameter)
	1 cup sliced, chopped, raw or cooked
Appleacues	1 cup
Applesauce	' ·
Banana	1 cup sliced
Contalous	1 large (8" to 9" long) 1 cup diced or melon balls
Cantaloupe	'
Grapes	1 cup whole or cut-up
Out to a few side	32 seedless grapes 1 medium (4" diameter)
Grapefruit	1 cup sections
Mixed fruit	1 cup diced or sliced, raw or
	canned (drained)
(fruit cocktail)	· · ·
Orange	1 large (3-1/16" diameter)
	1 cup sections
Orange, mandarin	1 cup canned, drained
Peach	1 large (2-3/4" diameter)
	1 cup sliced or diced, raw,
	cooked, or canned 2 halves, canned
Pear	1 medium pear (2.5 per lb)
Pear	1 cup sliced or diced, raw,
	cooked or canned, drained
Pineapple	1 cup chunks, sliced or crushed,
i incuppio	raw, cooked or canned, drained
Plum	1 cup sliced raw or cooked
	3 medium or 2 large plums
Strawberries, berries	About 8 large berries
ĺ	1 cup whole, halved, or sliced,
	fresh or frozen
Watermelon	1 small wedge (1" thick)
	1 cup diced or balls
<b>Dried fruit</b> (raisins, prunes,	½ cup dried fruit is equivalent to
apricots, cranberries, etc.)	1 cup fruit
100% fruit juice (orange,	1 cup
grape, apple, etc.)	



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VEGETABLES	Amount that counts as 1 cup of vegetables
Dark-Green Vegetables	
Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked
Greens: collards, mustard	1 cup cooked
greens, turnip greens	
Spinach & raw leafy greens	1 cup cooked
Lettuce, endive, romaine	2 cups raw = 1 cup of vegetables
Orange Vegetables	
Carrots	1 cup slice/chop; raw or cooked 2 medium
Dumpkin	1 cup baby carrots (12) 1 cup mashed, cooked
Pumpkin	1 large baked (2-1/4" diameter)
Sweet Potato	1 cup sliced or mashed
Winter Squash	1 cup cubed, cooked
Dry Beans and Peas	
<b>Dry bean &amp; peas</b> (black, garbanzo, kidney, pinto, blackeyed peas, split peas, soybeans	1 cup whole or mashed, cooked
Starchy Vegetables	
Corn	1 cup
Com	1 large ear (8"-9" long)
Green Peas	1 cup
White Potatoes	1 cup diced, mashed 1 medium boiled or baked (2 ½ - 2" diameter)
Other Vegetables	,
Bean Sprouts	1 cup cooked
Cabbage, green	1 cup, chopped or shredded raw or cooked
Cauliflower	1 cup pieces, raw or cooked
Celery	1 cup, diced or sliced, raw or cooked, 2 large stalks
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 lg pepper (3" diam, 3-3/4" long)
Mushrooms	1 cup raw or cooked
Onions	1 cup chopped, raw or cooked
Tomatoes	1 large raw (3"), 1 cup chopped or sliced, raw, canned, or cooked
Tomato/mixed veg. juice	1 cup
Summer squash/zucchini	1 cup cooked, sliced, or diced

Why cups instead of servings and portions? A serving is the amount listed on the Nutrition Facts label on a purchased product. A portion is how much food you choose to eat at one time. Portions and servings vary greatly from one product, or person, to another. That is why eating recommendations are in actual weights and amounts of specific foods. (Ex. Cups, ounce equivalents, tablespoons, teaspoons, etc.)