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 $11 / 2-2$ cups of fruit each day. More specific recommendations can be found at www.choosemyplate.gov

| FRUITS | Amount that counts as 1 cup of fruit |
| :---: | :---: |
| Apple | $1 / 2$ large ( $3.25^{\prime \prime}$ diameter) 1 small ( $2.5^{\prime \prime}$ diameter) 1 cup sliced, chopped, raw or cooked |
| Applesauce | 1 cup |
| Banana | $\begin{aligned} & 1 \text { cup sliced } \\ & 1 \text { large ( } 8^{\prime \prime} \text { to } 9^{\prime \prime} \text { long) } \end{aligned}$ |
| Cantaloupe | 1 cup diced or melon balls |
| Grapes | 1 cup whole or cut-up 32 seedless grapes |
| Grapefruit | 1 medium (4" diameter) 1 cup sections |
| Mixed fruit (fruit cocktail) | 1 cup diced or sliced, raw or canned (drained) |
| 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) 1 cup sliced or diced, raw, cooked or canned, drained |
| Pineapple | 1 cup chunks, sliced or crushed, raw, cooked or canned, drained |
| Plum | 1 cup sliced raw or cooked 3 medium or 2 large plums |
| Strawberries, berries | About 8 large berries 1 cup whole, halved, or sliced, fresh or frozen |
| Watermelon | 1 small wedge ( $1^{\prime \prime}$ thick) 1 cup diced or balls |
| Dried fruit (raisins, prunes, apricots, cranberries, etc.) | $1 / 2$ cup dried fruit is equivalent to 1 cup fruit |
| 100\% fruit juice (orange, grape, apple, etc.) | 1 cup |


| 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 greens, turnip greens | 1 cup cooked |
| Spinach \& raw leafy greens Lettuce, endive, romaine | 1 cup cooked <br> 2 cups raw $=1$ cup of vegetables |
| Orange Vegetables |  |
| Carrots | 1 cup slice/chop; raw or cooked 2 medium 1 cup baby carrots (12) |
| Pumpkin | 1 cup mashed, cooked |
| Sweet Potato | 1 large baked (2-1/4" diameter) 1 cup sliced or mashed |
| Winter Squash | 1 cup cubed, cooked |
| Dry Beans and Peas |  |
| Dry bean \& peas (black, garbanzo, kidney, pinto, blackeyed peas, split peas, soybeans | 1 cup whole or mashed, cooked |
| Starchy Vegetables |  |
| Corn | $\begin{array}{\|l\|} \hline 1 \text { cup } \\ 1 \text { large ear ( } 8^{\prime \prime}-9^{\prime \prime} \text { long) } \\ \hline \end{array}$ |
| Green Peas | 1 cup |
| White Potatoes | 1 cup diced, mashed 1 medium boiled or baked ( $21 / 2-2^{\prime \prime}$ 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 Ig pepper (3" diam, 3-3/4" long) |
| Mushrooms | 1 cup raw or cooked |
| Onions | 1 cup chopped, raw or cooked |
| Tomatoes | 1 large raw ( $3^{\prime \prime}$, 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.)

