

## FRUIT AND VEGETABLE SERVING CHEAT SHEET

Most of us don't eat enough fruit and vegetables. So let's start eating. For many of us, 2 cups of fruit and 2 ½ cups of vegetables each day is a good goal. Some people may need more. **Go to the CDC's website to [calculate](http://www.cdc.gov/dietguidelines) how many cups of each you need to eat per day.**

Use this visual guide to what counts as a cup (based on data from the USDA and some chopping and measuring in our test kitchen) to help you achieve your goals.



Apple: 1 small apple (about 2 1/2 inches in diameter, a little smaller than a baseball)



Banana: 1 large banana (8 to 9 inches long)



Cantaloupe: 1 cup diced or about 1/8 of a large melon



Dried Fruit: 1/2 cup



Grapefruit: 1 medium grapefruit (about 4 inches across)



Grapes: About 32 average grapes



Orange: 1 large orange (a little bigger than a baseball)



Peach: 1 large peach (about the size of a tennis ball)



Pear: 1 medium pear



Pineapple: 1 cup chopped (a little less than 1/4 of a pineapple)



Plum: 2 large plums



Strawberries: 8 large berries



Tomato: 1 cup chopped or 1 large tomato (about 3 inches in diameter, about the size of a baseball)

For more information, please visit <http://www.fruitsandveggiesmatter.gov>

## VEGETABLES 1 cup is...



Asparagus: About 4 spears



Beans, Cooked (black, garbanzo, etc.): 1 cup



Bell Pepper: 1 cup chopped or 1 large pepper (about 3 inches in diameter)



Broccoli: A generous fistful (tennis ball size) of florets or about 16 small florets



Carrots: 1 cup chopped or 2 medium whole carrots (6 to 7 inches long)



Cauliflower: A little less than a 1/4 head of florets



Celery: 1 cup diced or 2 stalks (11 to 12 inches long)



Corn: 1 cup of kernels or 1 large ear (8 to 9 inches long)



Cucumber: 1 cup sliced/chopped or about 1/2 of a medium cucumber (8 to 9 inches long)



Green Beans: 1 cup cooked (we counted: It's about 19 to 20 beans)



Greens, Cooked (kale, chard, etc.): 1 cup



Greens, Raw (lettuce, spinach, etc.): 2 cups (about two large leaves of chopped romaine)



Summer Squash: 1 cup cooked/sliced/diced squash or 1 whole zucchini (7 to 8 inches long) or about 1/2 of a large yellow crookneck



Sweet Potato: 1 cup mashed or 1 large baked potato (about 2 1/4 inches in diameter)