

# FRUIT AND VEGGIE SERVING GUIDE

FRUIT  
1 CUP IS...



**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)



**Plums:** 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)



**SUPER  
HEALTHY  
KIDS**

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VEGGIE  
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)