

# 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 1½ – 2 cups of fruit each day. More specific recommendations can be found at [www.choosemyplate.gov](http://www.choosemyplate.gov)

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

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