

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

| 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 |
| Applesauce | 1 cup |
| Banana | 1 cup sliced 1 large (8" to 9" long) |
| 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" thick) 1 cup diced or balls |
| Dried fruit (raisins, prunes, apricots, cranberries, etc.) | ½ 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 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, black-eyed peas, split peas, soybeans) | 1 cup whole or mashed, cooked |
| Starchy Vegetables | |
| Corn | 1 cup 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.)