

## Fruit and Vegetable Chart

What Counts as a Cup of Vegetables?				What counts as a Cup of Fruit?	
In general, 1 cup of raw or cooked vegetables or vegetable juice or 2 cups of raw leafy greens is equivalent to 1 cup from the vegetables group.				In general, 1 cup of fruit or 100% fruit juice or ½ cup dried fruit is equivalent to 1 cup from the fruit group	
Vegetable	Amount equivalent to 1 cup of veggies	Vegetable	Amount equivalent to 1 cup of veggies	Fruit	Amount equivalent to 1 cup of fruit
<b>Dark Green</b>		<b>Other</b>		<b>Apple</b>	1 small (2.5" diameter) 1 cup sliced
Broccoli	1 cup chopped or florets 3 spears	Bean Sprouts	1 cup cooked	<b>Applesauce</b>	1 cup
Greens: collard, mustard, turnip	1 cup cooked	Cabbage	1 cup chopped raw or cooked	<b>Banana</b>	1 large (8-9" long)
Spinach	1 cup cooked or 2 cups raw	Cauliflower	1 cup pieces, raw or cooked	<b>Cantaloupe</b>	1 cup diced or melon balls
<b>Orange</b>		Celery	2 large stalks (11-12" long)	<b>Grapes</b>	32 seedless grapes
Carrots	2 medium or 12 baby (1 cup)	Cucumbers	1 cup raw, sliced, chopped	<b>Grapefruit</b>	1 medium (4" diameter)
Pumpkin	1 cup mashed, cooked	Green or wax beans	1 cup cooked	<b>Mixed Fruit</b>	1 cup diced, raw or canned, drained
Sweet potato	1 large baked (2¼" diameter)	Green or red peppers	1 large pepper (3" diameter)	<b>Orange</b>	1 large (3" diameter)
Winter squash	1 cup cubed, cooked	Lettuce, iceberg or head	2 cups chopped, raw or cooked	<b>Orange, mandarin</b>	1 cup canned, drained
<b>Dry Beans and Peas</b>		Tomatoes	1 large, raw whole (3") 1 cup chopped/sliced, raw, canned or cooked	<b>Peach</b>	1 large (2 ¾" diameter)
Dry beans and peas	1 cup whole or mashed, cooked	Tomato/veg. juice	1 cup	<b>Pear</b>	1 medium pear (2.5 per lb.)
Tofu	1 cup ½" cubes (about 6 oz.)	Summer squash/ zucchini	1 cup cooked, sliced or diced	<b>Pineapple</b>	1 cup chunks, sliced, crushed, raw, cooked or canned, drained
<b>Starchy</b>				<b>Plum</b>	3 medium or 2 large
Corn	1 large ear (8-9 inches long)			<b>Strawberries</b>	About 8 large
Green peas	1 cup			<b>Watermelon</b>	1 small wedge (1" thick) or 1 cup diced
White potatoes	1 med. boiled, baked (2 ½ -3")			<b>Dried Fruit</b>	½ cup dried fruit
				<b>100% Fruit Juice</b>	1 cup