







One Cup

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

The chart below shows simple ways to enjoy fruits and vegetable throughout the day, with corresponding cup amounts.

MORNING	<p>1 cup</p>  <p>1 small apple</p>	<p>1/2 cup</p>  <p>1 small banana</p>
MID-DAY	<p>1 cup</p>  <p>1 cup of lettuce* and 1/2 cup of other vegetables</p>	<p>1/2 cup</p>  <p>6 baby carrots</p>
EVENING	<p>1 cup</p>  <p>1/2 large sweet potato and 1/2 cup of green beans</p>	<p>1/2 cup</p>  <p>16 grapes</p>

*1 cup of lettuce counts as 1/2 cup of vegetables. In addition to fruits and vegetables, a healthful diet also includes whole grains, fat-free or low-fat milk and milk products, lean meats, poultry, fish, dry beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars.

EXAMPLES OF 1 CUP



1 small apple



1 large banana



1 medium grapefruit



1 large orange



1 medium pear



1 small wedge watermelon



2 large or 3 medium plums



8 large strawberries



1 large bell pepper



1 medium potato



2 large stalks of celery



1 cup cooked greens or 2 cups raw
(spinach, collards, mustard greens,
turnip greens)



12 baby carrots
(or 2 medium carrots)



1 large sweet potato



1 large ear of corn

EXAMPLES OF 1/2 CUP



1 snack container of applesauce (4oz)



16 grapes



1 medium cantaloupe wedge



1/2 medium grapefruit



4 large strawberries



5 broccoli florets



6 baby carrots



1 large plum



1 small box (1/4 cup) of raisins