

# Counting Fruits and Vegetables

## How much is a cup?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup of fruit. Counting vegetables is similar -- 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup of vegetables. This chart lists specific amounts for fruits and vegetables.

	Amount that counts as 1 cup of fruit
<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
<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</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

The amount of fruits and vegetables you should eat depends on your age, sex, and level of physical activity. Most adults need 2 – 2 ½ cups of vegetables and 1 ½ – 2 cups of fruit each day. More specific recommendations can be found at <http://www.choosemyplate.gov/index.html>



	Amount that counts as 1 cup of vegetables
<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. Raw leafy greens: Leafy lettuce, endive, romaine</b>	1 cup cooked 2 cups raw equals 1 cup of vegetables
<b>Orange Vegetables</b>	
<b>Carrots</b>	1 cup strips, slices, or chopped, 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" or more 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>Tofu</b>	1 cup ½" cubes (App 8 oz.)
<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>Lettuce</b>	2 cups raw equivalent to 1 cup
<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

