

What Counts as a Cup?



EXAMPLES OF 1 CUP



1 small apple
watermelon



1 large banana



1 medium grapefruit



1 large orange



1 medium pear



1 small wedge



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

Adapted from
www.fruitsandveggiesmorematters.org