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|  Portion Sizes of Common Fruits and Vegetables **Examples of 1 Cup Servings**

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| --- | --- | --- |
| Small apple  | Large banana | 1 medium grapefruit |
| 1 small apple | 1 large banana | 1 medium grapefruit |

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| 1 large orange | 1 medium pear | watermelon wedge |
| 1 large orange | 1 medium pear | 1 small wedge watermelon |

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| 2 large plums |  8 strawberries | 1 large bell pepper  |
| 2 large or 3 medium plums |  8 large strawberries | 1 large bell pepper |

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| --- | --- | --- |
| 1 medium potato | 2 large stalks of celery | 1 cup cooked greens or 2 cups raw (spinach, collards, mustard greens, turnip greens) |
| 1 medium potato | 2 large stalks of celery | 1 cup cooked greens or 2 cups raw spinach or leafy greens |

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| 12 baby carrots | 1 large sweet potato  | 1 large ear of corn |
| 12 baby carrots(or 2 medium carrots) | 1 large sweet potato  | 1 large ear of corn |

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|  http://t0.gstatic.com/images?q=tbn:ANd9GcT__p95VwrKNegaiBjlM0OW7-M0Azz9-5TEvxUgtlLK4kP-0Z1f = http://t0.gstatic.com/images?q=tbn:ANd9GcT__p95VwrKNegaiBjlM0OW7-M0Azz9-5TEvxUgtlLK4kP-0Z1f = http://www.dailybread.com/images/a_la_carte/pineapple.jpg  **Cooked carrots, canned peaches, canned pineapple** **Examples of ½ Cup Servings**

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| --- | --- | --- |
| Applesauce | 16 grapes | 1 medium cantaloupe wedge |
| 1 snack container of applesauce | 16 grapes | 1 medium cantaloupe wedge  |

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| --- | --- | --- |
| 1/2 medium grapefruit | 4 large strawberries | 5 broccoli florets |
| 1/2 medium grapefruit | 4 large strawberries | 5 broccoli florets |

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| http://www.diningatpenn.com/opencms/export/sites/cor/images/fruit-cocktail.gif

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| --- | --- | --- |
|  |   | 6 baby carrots  |

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 6 baby carrots bottom of a 6” bowl 1 cup spinach or leafy greens

**Examples of ¼ Cup Servings**

(Counts as ½ Cup)

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 1 small box of raisins size of a golf ball 1 small handful



**Examples of ¼ Cup Servings**

   

 2 tablespoons tomato puree 1 tablespoon tomato paste

References: <http://www.choosemyplate.gov/food-groups/> and <http://www.fruitsandveggiesmatter.gov/what/examples.html#1cup>

Developed by Alta Peila, Dietetic Intern, April 2012

Montana Team Nutrition, <http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html>, 406-994-5641

**Color Your Plates by Varying Your Fruits and Vegetables**

**Dark Green**

* + - Bok choy
		- Broccoli
		- Collard greens
		- Dark leafy greens
		- Kale
		- Mustard greens
		- [Romaine lettuce](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- [Spinach](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- Watercress

**Dry** [**Beans and Peas**](http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html)

* + - [Black beans](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- Black-eyed peas (mature, dry)
		- Garbanzo beans (chickpeas)
		- [Kidney beans](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- Lentils
		- Navy beans
		- [Pinto beans](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- Soy beans
		- Split peas
		- White beans
	+ **Starchy**
		- Cassava
		- [Corn](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- Green bananas
		- Green peas
		- Green lima beans
		- Plantains

![C:\Users\mtteamnutrition\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\70BMO4VP\MP900177942[1].jpg]()

* + - [Potatoes](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- Water chestnuts

**Red & Orange**

* + - Acorn squash
		- Butternut squash
		- Carrots
		- Hubbard squash
		- Pumpkin
		- Red peppers
		- Sweet potatoes
		- Tomatoes
		- Tomato juice

**Other**

* + - Artichokes
		- Asparagus
		- Avocado
		- Bean sprouts
		- Beets
		- Brussels sprouts
		- Cabbage
		- [Cauliflower](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- Celery
		- Cucumbers
		- Eggplant
		- [Green beans](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- Green peppers
		- [Iceberg lettuce](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- [Mushrooms](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- [Onions](http://www.choosemyplate.gov/food-groups/vegetables.html)
		- Parsnips
		- Wax beans
		- [Zucchini](http://www.choosemyplate.gov/food-groups/vegetables.html)