|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Portion Sizes of Common Fruits and Vegetables  **Examples of 1 Cup Servings**   |  |  |  | | --- | --- | --- | | Small apple | Large banana | 1 medium grapefruit | | 1 small apple | 1 large banana | 1 medium grapefruit | |
|  |
| |  |  |  | | --- | --- | --- | | 1 large orange | 1 medium pear | watermelon wedge | | 1 large orange | 1 medium pear | 1 small wedge watermelon | |
|  |
| |  |  |  | | --- | --- | --- | | 2 large plums | 8 strawberries | 1 large bell pepper | | 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) | | 1 medium potato | 2 large stalks of celery | 1 cup cooked greens or 2 cups raw spinach or leafy greens | |
|  |
| |  |  |  | | --- | --- | --- | | 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 | |
|  |
| [http://t0.gstatic.com/images?q=tbn:ANd9GcT__p95VwrKNegaiBjlM0OW7-M0Azz9-5TEvxUgtlLK4kP-0Z1f](http://www.google.com/imgres?q=cooked+carrots&start=151&um=1&hl=en&biw=1311&bih=519&addh=36&tbm=isch&tbnid=Dqq4HCsk2VFFwM:&imgrefurl=http://www.riversideonline.com/health_reference/Diet-Nutrition/NU00267.cfm?RenderForPrint=1&docid=IT95PciFVcHERM&imgurl=http://www.riversideonline.com/source/images/slideshow/mcdc22_portioncontrolcarrots.jpg&w=320&h=320&ei=J2yIT4yNEeioiALvxdHkCg&zoom=1&iact=hc&vpx=549&vpy=2&dur=755&hovh=225&hovw=225&tx=69&ty=140&sig=117593352251826827305&page=11&tbnh=149&tbnw=202&ndsp=15&ved=1t:429,r:2,s:151,i:153) = [http://t0.gstatic.com/images?q=tbn:ANd9GcT__p95VwrKNegaiBjlM0OW7-M0Azz9-5TEvxUgtlLK4kP-0Z1f](http://www.google.com/imgres?q=cooked+carrots&start=151&um=1&hl=en&biw=1311&bih=519&addh=36&tbm=isch&tbnid=Dqq4HCsk2VFFwM:&imgrefurl=http://www.riversideonline.com/health_reference/Diet-Nutrition/NU00267.cfm?RenderForPrint=1&docid=IT95PciFVcHERM&imgurl=http://www.riversideonline.com/source/images/slideshow/mcdc22_portioncontrolcarrots.jpg&w=320&h=320&ei=J2yIT4yNEeioiALvxdHkCg&zoom=1&iact=hc&vpx=549&vpy=2&dur=1058&hovh=225&hovw=225&tx=166&ty=102&sig=117593352251826827305&page=11&tbnh=149&tbnw=202&ndsp=15&ved=1t:429,r:2,s:151,i:153) = http://www.dailybread.com/images/a_la_carte/pineapple.jpg  **Cooked carrots, canned peaches, canned pineapple**  **Examples of ½ Cup Servings**   |  |  |  | | --- | --- | --- | | Applesauce | 16 grapes | 1 medium cantaloupe wedge | | 1 snack container of applesauce | 16 grapes | 1 medium cantaloupe wedge | |
|  |
| |  |  |  | | --- | --- | --- | | 1/2 medium grapefruit | 4 large strawberries | 5 broccoli florets | | 1/2 medium grapefruit | 4 large strawberries | 5 broccoli florets | |
|  |
| http://www.diningatpenn.com/opencms/export/sites/cor/images/fruit-cocktail.gif   |  |  |  | | --- | --- | --- | |  |  | 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)

 = [](http://www.google.com/imgres?q=golf+ball&um=1&hl=en&biw=1311&bih=519&tbm=isch&tbnid=1suhSLLfyQgNVM:&imgrefurl=http://www.kval.com/news/100633279.html&docid=0NQuSusL837n6M&imgurl=http://media.kval.com/images/100728_golf_ball.jpg&w=405&h=304&ei=lUyIT7T-L8LfiALz2qTBCw&zoom=1&iact=hc&vpx=965&vpy=170&dur=1018&hovh=194&hovw=259&tx=140&ty=129&sig=117593352251826827305&page=4&tbnh=146&tbnw=180&start=48&ndsp=18&ved=1t:429,r:5,s:48,i:267) = 

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



**Examples of ¼ Cup Servings**

[](http://www.google.com/imgres?q=tablespoon+measuring+spoon&start=98&hl=en&gbv=2&biw=1311&bih=519&tbm=isch&tbnid=_QJQ62i3Ps36kM:&imgrefurl=http://www.enasco.com/product/WA25953H&docid=lzDVJ7AtuDBLCM&imgurl=http://www.enasco.com/prod/images/products/BA/AC062723l.jpg&w=400&h=400&ei=_1mIT9DlMoXYiAKx7cXhCg&zoom=1&iact=hc&vpx=553&vpy=186&dur=176&hovh=225&hovw=225&tx=93&ty=183&sig=117593352251826827305&page=7&tbnh=149&tbnw=191&ndsp=16&ved=1t:429,r:13,s:98,i:33) [](http://www.google.com/imgres?q=tomato&um=1&hl=en&sa=N&biw=1311&bih=519&tbm=isch&tbnid=hEYcpXEFLT3F2M:&imgrefurl=http://vitalityandfood.com/recipes/instant-tom-soup&docid=-sg5ljTAq0Nd3M&imgurl=http://vitalityandfood.com/wp-content/uploads/2011/12/tomato-from-net.jpg&w=250&h=249&ei=GmmIT__kHcWciAKjn6ySCw&zoom=1&iact=hc&vpx=717&vpy=211&dur=2190&hovh=199&hovw=200&tx=114&ty=156&sig=117593352251826827305&page=1&tbnh=132&tbnw=126&start=0&ndsp=14&ved=1t:429,r:11,s:0,i:158) 

2 tablespoons tomato puree 1 tablespoon tomato paste

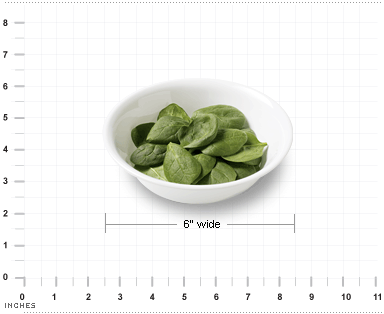
References: <http://www.choosemyplate.gov/food-groups/> and <http://www.fruitsandveggiesmatter.gov/what/examples.html#1cup>

Developed by Alta Peila, Dietetic Intern, April 2012

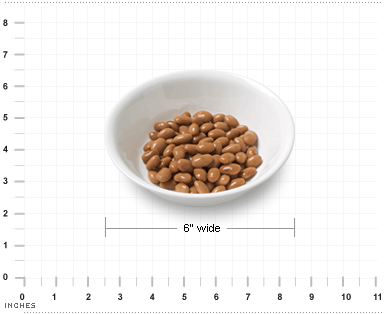
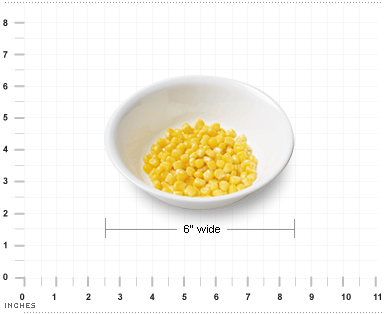
Montana Team Nutrition, <http://opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html>, 406-994-5641

**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

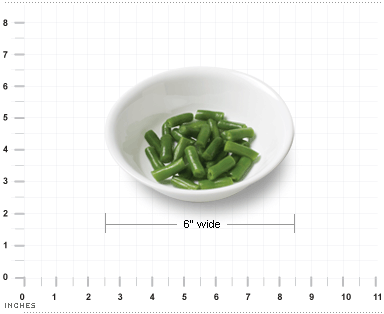
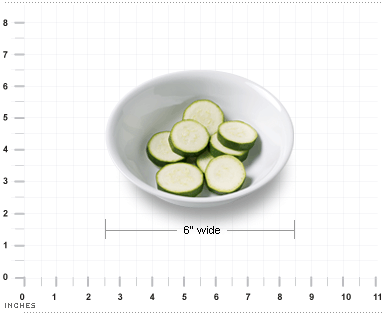


* + - [Potatoes](http://www.choosemyplate.gov/food-groups/vegetables.html)
    - Water chestnuts

**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)