

# CHOW FRUIT AND VEGETABLE SERVING CHEAT SHEET

Most of us don't eat enough fruit and vegetables. So let's start eating. Go to <http://www.fruitsandveggiesmatter.gov/> and use the CDC's calculator to see how many cups of each you need to eat per day. Then fill in your target numbers here and use our visual guide to what counts as a cup (based on data from the USDA and some chopping and measuring in our test kitchen) to help you achieve your goals.

My Daily Amount (cups):

\_\_\_ Fruit

\_\_\_ Vegetables



**Apple:** 1 small apple (about 2 1/2 inches in diameter, a little smaller than a baseball)



**Banana:** 1 large banana (8 to 9 inches long)



**Cantaloupe:** 1 cup diced or about 1/8 of a large melon



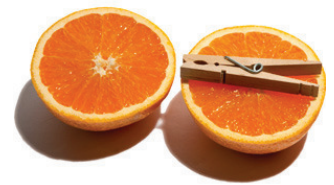
**Dried Fruit:** 1/2 cup



**Grapefruit:** 1 medium grapefruit (about 4 inches across)



**Grapes:** About 32 average grapes



**Orange:** 1 large orange (a little bigger than a baseball)



**Peach:** 1 large peach (about the size of a tennis ball)



**Pear:** 1 medium pear



**Pineapple:** 1 cup chopped (a little less than 1/4 of a pineapple)



**Plum:** 2 large plums



**Strawberries:** 8 large berries



**Tomato:** 1 cup chopped or 1 large tomato (about 3 inches in diameter, about the size of a baseball)

**VEGETABLES**  
1 cup is...



**Asparagus:** About 4 spears



**Beans, Cooked (black, garbanzo, etc.):** 1 cup



**Bell Pepper:** 1 cup chopped or 1 large pepper (about 3 inches in diameter)



**Broccoli:** A generous fistful (tennis ball size) of florets or about 16 small florets



**Carrots:** 1 cup chopped or 2 medium whole carrots (6 to 7 inches long)



**Cauliflower:** A little less than a 1/4 head of florets



**Celery:** 1 cup diced or 2 stalks (11 to 12 inches long)



**Corn:** 1 cup of kernels or 1 large ear (8 to 9 inches long)



**Cucumber:** 1 cup sliced/chopped or about 1/2 of a medium cucumber (8 to 9 inches long)



**Green Beans:** 1 cup cooked (we counted: It's about 19 to 20 beans)



**Greens, Cooked (kale, chard, etc.):** 1 cup



**Greens, Raw (lettuce, spinach, etc.):** 2 cups (about two large leaves of chopped romaine)



**Summer Squash:** 1 cup cooked/sliced/diced squash or 1 whole zucchini (7 to 8 inches long) or about 1/2 of a large yellow crookneck



**Sweet Potato:** 1 cup mashed or 1 large baked potato (about 2 1/4 inches in diameter)