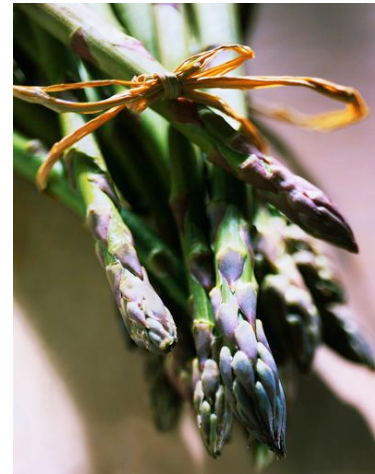


## How many vegetables are needed daily?

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. Recommended total daily amounts are shown in the chart.



	Daily recommendation*	
<b>Children</b>	2-3 years old	1 cup**
	4-8 years old	1 ½ cups**
<b>Girls</b>	9-13 years old	2 cups**
	14-18 years old	2 ½ cups**
<b>Boys</b>	9-13 years old	2 ½ cups**
	14-18 years old	3 cups**
<b>Women</b>	19-30 years old	2 ½ cups**
	31-50 years old	2 ½ cups**
	51+ years old	2 cups**
<b>Men</b>	19-30 years old	3 cups**
	31-50 years old	3 cups**
	51+ years old	2 ½ cups**

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

## What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. The chart lists specific amounts count as 1 cup of vegetables (in some cases equivalents for ½ cup are also shown) towards your recommended intake:

	Amount that counts as 1 cup of vegetables	Amount that counts as ½ 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, kale)</b>	1 cup cooked	
<b>Spinach</b>	1 cup, cooked	
	2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to ½ cup of vegetables
<b>Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole</b>	2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to ½ cup of vegetables
<b>Orange Vegetables</b>		
<b>Carrots</b>	1 cup, strips, slices, or chopped, raw or cooked	
	2 medium	1 medium carrot
	1 cup baby carrots (about 12)	About 6 baby carrots
<b>Pumpkin</b>	1 cup mashed, cooked	
<b>Sweetpotato</b>	1 large baked (2 ¼" or more diameter)	
	1 cup sliced or mashed, cooked	
<b>Winter squash (acorn, butternut, hubbard)</b>	1 cup cubed, cooked	½ acorn squash, baked = ¾ cup
<b>Dry beans and peas</b>		
<b>Dry beans and peas (Such as black, garbanzo, kidney, pinto, or soy beans, or black eyed peas or split peas)</b>	1 cup whole or mashed, cooked	
<b>Tofu</b>	1 cup ½" cubes (about 8 ounces)	1 piece 2 ½ " x 2 ¾ " x 1" (about 4 ounces)
<b>Starchy Vegetables</b>		
<b>Corn, yellow or white</b>	1 cup	
	1 large ear (8" to 9" long)	1 small ear (about 6" long)
<b>Green peas</b>	1 cup	
<b>White potatoes</b>	1 cup diced, mashed	
	1 medium boiled or baked potato (2 ½ " to 3" diameter)	
	French fried: 20 medium to long strips (2 ½" to 4" long)	

	Amount that counts as 1 cup of vegetables	Amount that counts as ½ cup of vegetables
<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 or florets raw or cooked	
<b>Celery</b>	1 cup, diced or sliced, raw or cooked	
	2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
<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 large pepper (3" diameter, 3-¾" long)	1 small pepper
<b>Lettuce, iceberg or head</b>	2 cups raw, shredded or chopped = equivalent to 1 cup of vegetables	1 cup raw, shredded or chopped = equivalent to ½ cup of vegetables
<b>Mushrooms</b>	1 cup raw or cooked	
<b>Onions</b>	1 cup chopped, raw or cooked	
<b>Tomatoes</b>	1 large raw whole (3")	1 small raw whole (2 ¼ ")
	1 cup chopped or sliced, raw, canned, or cooked	1 medium canned
<b>Tomato or mixed vegetable juice</b>	1 cup	½ cup
<b>Summer squash or zucchini</b>	1 cup cooked, sliced or diced	

# How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity.

Recommended daily amounts are shown in the chart.

Recommended amounts are shown in the table below.



Daily recommendation*		
<b>Children</b>	2-3 years old	1 cup**
	4-8 years old	1 to 1 ½ cups**
<b>Girls</b>	9-13 years old	1 ½ cups**
	14-18 years old	1 ½ cups**
<b>Boys</b>	9-13 years old	1 ½ cups**
	14-18 years old	2 cups**
<b>Women</b>	19-30 years old	2 cups**
	31-50 years old	1 ½ cups**
	51+ years old	1 ½ cups**
<b>Men</b>	19-30 years old	2 cups**
	31-50 years old	2 cups**
	51+ years old	2 cups**

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

# What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group. The following specific amounts count as 1 cup of fruit (in some cases equivalents for ½ cup are also shown) towards your daily recommended intake:

	Amount that counts as 1 cup of fruit	Amount that counts as ½ cup of fruit
<b>Apple</b>	½ large (3.25" diameter)	
	1 small (2.5" diameter)	

	1 cup sliced or chopped, raw or cooked	½ cup sliced or chopped, raw or cooked
<b>Applesauce</b>	1 cup	1 snack container (4 oz.)
<b>Banana</b>	1 cup sliced	1 small (less than 6" long)
	1 large (8" to 9" long)	
<b>Cantaloupe</b>	1 cup diced or melon balls	1 medium wedge (1/8 of a med. melon)
<b>Grapes</b>	1 cup whole or cut-up	
	32 seedless grapes	16 seedless grapes
<b>Grapefruit</b>	1 medium (4" diameter)	½ medium (4" diameter)
	1 cup sections	
<b>Mixed fruit (fruit cocktail)</b>	1 cup diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = 3/8 cup
<b>Orange</b>	1 large (3-1/16" diameter)	1 small (2-3/8" diameter)
	1 cup sections	
<b>Orange, mandarin</b>	1 cup canned, drained	
<b>Peach</b>	1 large (2 ¾" diameter)	1 small (2" diameter)
	1 cup sliced or diced, raw, cooked, or canned, drained	1 snack container (4 oz) drained = 3/8 cup
	2 halves, canned	
<b>Pear</b>	1 medium pear (2.5 per lb)	1 snack container (4 oz.) drained = 3/8 cup
	1 cup sliced or diced, raw, cooked, or canned, drained	
<b>Pineapple</b>	1 cup chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz) drained = 3/8 cup
<b>Plum</b>	1 cup sliced raw or cooked	
	3 medium or 2 large plums	1 large plum

<b>Strawberries</b>	About 8 large berries	
	1 cup whole, halved, or sliced, fresh or frozen	½ cup whole, halved, or sliced
<b>Watermelon</b>	1 small wedge (1" thick)	6 melon balls
	1 cup diced or balls	
<b>Dried fruit (raisins, prunes, apricots, etc.)</b>	½ cup dried fruit is equivalent to 1 cup fruit ½ cup raisins ½ cup prunes ½ cup dried apricots	¼ cup dried fruit is equivalent to ½ cup fruit 1 small box raisins (1.5 oz)
<b>100% fruit juice (orange, apple, grape, grapefruit, etc.)</b>	1 cup	½ cup