

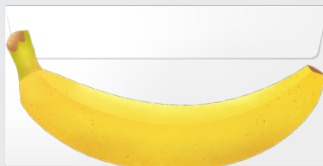
What's a Serving?

Portion control is important to any healthy eating plan. But sometimes it's hard to tell how much is in a serving. Review the [fruits](#) and [vegetables](#) sections on [MyPlate.gov](https://www.myplate.gov) to see how many cups of produce you need each day, then use this visual guide to help reach your goals.

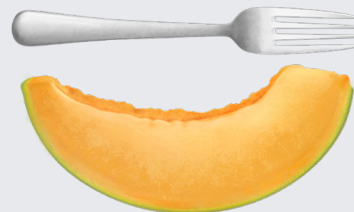
Fruits 1 cup is...



1 Small **Apple**



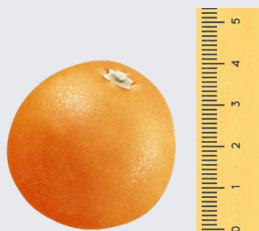
1 Large **Banana**



1 Cup Diced or 1/8 **Cantaloupe**



1/2 Cup **Dried Fruit**



1 Medium **Grapefruit**



16 **Grapes**



1 Medium **Orange**



1 Large **Peach**



1 Medium **Pear**



1 Cup Chopped or
1/4 Whole **Pineapple**



2 Large **Plums**



8 Large **Strawberries**

Vegetables 1 cup is...



4 Large Spears of **Asparagus**



1 Cup **Beans, Cooked**
(Edamame/Soy, Lentil, Garbanzo, Black, Kidney, Pinto, Black-Eyed Pea, Navy)



1 Cup Chopped or 1 Large **Bell Pepper**



10 Small Florets **Broccoli**



1 Cup Chopped or
2 Medium **Carrots**



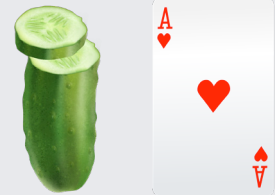
1 Cup Diced or 2 Stalks **Celery**



1/4 Head **Cauliflower**



1 Cup or Large Ear **Corn**



1 Cup Sliced/Chopped or
1/2 Medium **Cucumber**



20 Small Whole or
Trimmed **Green Beans**



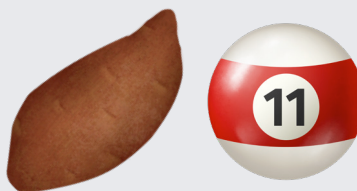
1 Cup **Cooked Greens**
(Kale, Chard, Spinach, Collards)



2 Cups Chopped or 2 Large
Leaves of **Raw Greens**
(2 Cups = 1 Cup Other Vegetables)



1 Cup Cooked/Sliced/Diced
Squash
(1 Whole Zucchini or 1/2 Large
Yellow Crookneck)



1 Cup Mashed or
1 Medium **Sweet Potato**



1 Cup Chopped or
1 Large **Tomato**