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 ChooseMyPlate.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

32 GRAPES

1 LARGE 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
- 16 SMALL FLORETS BROCCOLI
- 1/4 HEAD CAULIFLOWER
- 20 SMALL WHOLE OR TRIMMED GREEN BEANS
- 1 CUP COOKED/SLICED/DICED SQUASH (1 WHOLE ZUCCHINI OR 1/2 LARGE YELLOW CROOKNECK)
- 1 CUP BEANS, COOKED (EDAMAME/SOY, LENTIL, GARBANZO, BLACK, KIDNEY, PINTO, BLACK-EYED PEA, NAVY)
- 1 CUP CHOPPED OR 1 LARGE BELL PEPPER
- 1 CUP DICED OR 2 STALKS CELERY
- 1 CUP CHOPPED OR 2 MED. CARROTS
- 1 CUP OR LARGE EAR CORN
- 1 CUP SLICED/CHOPPED OR 1/2 MEDIUM CUCUMBER
- 1 CUP CHOPPED OR 2 LARGE LEAVES OF RAW GREENS (2 CUPS = 1 CUP OTHER VEGETABLES)
- 2 CUPS CHOPPED OR 1 LARGE SWEET POTATO
- 1 CUP MASHED OR 1 LARGE SWEET POTATO

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