

Fruit and Vegetable Chart

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.	
Amount that counts as 1 cup of vegetables	
Dark-Green Vegetables	
Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked
Greens: collards/mustard greens/turnip greens	1 cup cooked
Spinach. Raw leafy greens: leafy lettuce/ endive/watercress/ romaine	1 cup cooked 2 cups raw equals 1 cup of vegetables
Orange Vegetables	
Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)
Pumpkin	1 cup mashed, cooked
Sweet potato	1 large baked (2 1/4" or more diameter) 1 cup sliced or mashed, cooked
Winter squash	1 cup cubed, cooked
Dry beans and peas	
Dry beans & peas (i.e., black, garbanzo, kidney, pinto, or soy beans, or black eyed peas or split peas)	1 cup whole or mashed, cooked
Tofu	1 cup 1/2" cubes (about 8 ounces)
Starchy Vegetables	
Corn	1 cup 1 large ear (8" to 9" long)
Green peas	1 cup
White potatoes	1 cup diced, mashed 1 medium boiled or baked potato (2 1/2 to 3" diameter)
Other Vegetables	
Bean sprouts	1 cup cooked
Cabbage, green	1 cup, chopped or shredded raw or cooked
Cauliflower	1 cup pieces or florets raw or cooked
Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped
Green or wax beans	1 cup cooked
Green or red peppers	1 cup chopped, raw or cooked 1 large pepper (3" diameter, 3-3/4" long)
Lettuce, iceberg or head	2 cups raw, shredded or chopped = equivalent to 1 cup of vegetables
Tomatoes	1 large raw whole (3") 1 cup chopped or sliced, raw, canned, or cooked
Tomato/mixed vegetable juice	1 cup
Summer squash/zucchini	1 cup cooked, sliced, or diced

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.

	Amount that counts as 1 cup of fruit
Apple	½ large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced or chopped, raw or cooked
Applesauce	1 cup
Banana	1 cup sliced 1 large (8" to 9" long)
Cantaloupe	1 cup diced or melon balls
Grapes	1 cup whole or cut-up 32 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup sections
Mixed fruit (fruit cocktail)	1 cup diced or sliced, raw or canned, drained
Orange	1 large 3-1/16" diameter 1 cup sections
Orange, mandarin	1 cup canned, drained
Peach	1 large (2 3/4" diameter) 1 cup sliced or diced, raw, cooked, or canned
Pear	1 medium pear (2.5 per lb) 1 cup sliced or diced, raw, cooked, or canned, drained
Pineapple	1 cup chunks, sliced or crushed, raw, cooked or canned, drained
Plum	1 cup sliced raw or cooked 3 medium or 2 large plums
Strawberries	About 8 large berries 1 cup whole, halved, or sliced, fresh or frozen
Watermelon	1 small wedge (1" thick) 1 cup diced or balls
Dried fruit (raisins, prunes, apricots, etc.)	½ cup dried fruit is equivalent to 1 cup fruit
100% fruit juice (orange, apple, grape, grapefruit, etc.)	1 cup