## 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.


Dried Fruit: 1/2 cup


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


Strawberries: 8 large berries


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


Grapefruit: 1 medium grapefruit (about 4 inches across)


Pear: 1 medium pear


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


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


Grapes: About 32 average grapes


Pineapple: 1 cup chopped (a little less than $1 / 4$ of a pineapple)
$\qquad$ Fruit


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


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


Plum: 2 large plums



Asparagus: About 4 spears


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


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


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


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


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


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


Sweet Potato: 1 cup mashed or 1 large baked potato (about $21 / 4$ inches in diameter)


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


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


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

## Greens, Raw (lettuce, spinach,

 etc.): 2 cups (about two large leaves of chopped romaine)