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.

My Daily Amount (cups):

_____ **Fruit**

_____ **Vegetables**

FRUIT
1 cup is...

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

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

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

Dried Fruit: 1/2 cup

Grapefruit: 1 medium grapefruit (about 4 inches across)

Grapes: About 32 average grapes

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

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

Pear: 1 medium pear

Pineapple: 1 cup chopped (a little less than 1/4 of a pineapple)

Plum: 2 large plums

Strawberries: 8 large berries

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

VEGETABLES
1 cup is...

Asparagus: About 4 spears

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

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

Broccoli: A generous fistful (tennis ball size) of florets or about 16 small florets

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

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

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

Corn: 1 cup of kernels or 1 large ear (8 to 9 inches long)

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

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

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

Greens, Raw (lettuce, spinach, etc.): 2 cups (about two large leaves of chopped romaine)

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

Sweet Potato: 1 cup mashed or 1 large baked potato (about 2 1/4 inches in diameter)