

Counting Fruits and Vegetables

How much is a cup?

K-STATE
Research and Extension



The amount of fruits and vegetables you should eat depends on your age, sex, and level of physical activity. Most adults need 2 . 3 cups of vegetables and 1½ . 2 cups of fruit each day. More specific recommendations can be found at

www.choosemyplate.gov

FRUITS	Amount that counts as 1 cup of fruit
Apple	½ large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced, 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 2 halves, 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, berries	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, cranberries, etc.)	½ cup dried fruit is equivalent to 1 cup fruit
100% fruit juice (orange, grape, apple, etc.)	1 cup

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 Lettuce, endive, romaine	1 cup cooked 2 cups raw = 1 cup of vegetables
Orange Vegetables	
Carrots	1 cup slice/chop; raw or cooked 2 medium 1 cup baby carrots (12)
Pumpkin	1 cup mashed, cooked
Sweet Potato	1 large baked (2-1/4" diameter) 1 cup sliced or mashed
Winter Squash	1 cup cubed, cooked
Dry Beans and Peas	
Dry bean & peas (black, garbanzo, kidney, pinto, black-eyed peas, split peas, soybeans)	1 cup whole or mashed, cooked
Starchy Vegetables	
Corn	1 cup 1 large ear (8"-9" long)
Green Peas	1 cup
White Potatoes	1 cup diced, mashed 1 medium boiled or baked (2 ½ - 2" diameter)
Other Vegetables	
Bean Sprouts	1 cup cooked
Cabbage, green	1 cup, chopped or shredded raw or cooked
Cauliflower	1 cup pieces, raw or cooked
Celery	1 cup, diced or sliced, raw or cooked, 2 large stalks
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 lg pepper (3" diam, 3-3/4" long)
Mushrooms	1 cup raw or cooked
Onions	1 cup chopped, raw or cooked
Tomatoes	1 large raw (3"), 1 cup chopped or sliced, raw, canned, or cooked
Tomato/mixed veg. juice	1 cup
Summer squash/zucchini	1 cup cooked, sliced, or diced

Why cups instead of servings and portions? A *serving* is the amount listed on the Nutrition Facts label on a purchased product. A *portion* is how much food you choose to eat at one time. *Portions and servings* vary greatly from one product, or person, to another. That is why eating recommendations are in actual weights and amounts of specific foods. (Ex. Cups, ounce equivalents, tablespoons, teaspoons, etc.)