What counts as 1 cup of fruit?

Most adults should eat 2 cups of fruit each day. This handout shows the amount of food that counts as 1 cup of fruit.

1 small apple

1 large peach

8 large strawberries

1/2 cup of dried fruit like raisins

1 cup of chopped fruit

1 cup (8 fluid ounces) of 100% fruit juice