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

What Counts as 1 Cup of Fruit?

- 1 large banana
- 1 small apple
- 1 large orange
- 8 large strawberries
- ½ cup of dried fruit like raisins
- 32 seedless grapes
- 1 cup of chopped fruit
- 1 cup (8 fluid ounces) of 100% fruit juice