Most adults should eat 3 cups of vegetables each day. This handout shows the amount of food that counts as 1 cup of vegetables.

- 2 medium carrots
- 1 cup of raw or cooked vegetables like broccoli or cauliflower
- 1 large sweet potato
- 2 cups of raw leafy greens like raw spinach or lettuce
- 1 cup of cooked black beans
- 1 cup (8 fluid ounces) of 100% tomato or vegetable juice

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.