What Counts as 1 Cup of Vegetables?

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

12 baby carrots or 2 medium carrots

1 cup of raw or cooked vegetables like broccoli or cauliflower

1 cup of raw or cooked vegetables like green beans

1 large sweet potato

2 cups of raw leafy greens like raw spinach or lettuce

2 cups of salad

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.
What Counts as 1 Cup of Fruit?

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