

Green Beans



1 cup raw or cooked= 1 cup of vegetables

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Dried Plums



$\frac{1}{4}$ cup of dried fruit = $\frac{1}{2}$ cup of fruit

Red Grapes



32 red seedless grapes = 1 cup of fruit

100% Fruit Juice



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

Fruit Salad



1 cup of chopped fruit= 1 cup of fruit

Kiwi



1 small piece of fruit= ½ cup of fruit

Banana



1 large piece of fruit= 1 cup of fruit

Sweet Potato



1 large sweet potato= 1 cup of vegetables

Carrots



12 baby carrots= 1 cup of vegetables

Broccoli



1 cup of raw or cooked vegetables like broccoli= 1 cup of vegetables

Spinach



2 cups of raw leafy greens like spinach= 1 cup of vegetables

Black Beans



½ cup of cooked black beans= ½ cup of vegetables

Tomato Juice



1 cup (8 fluid ounces) of tomato or vegetable juice= 1 cup of vegetables