

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