

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