



FRUITS:

- 1 Cup of Fruit or 100% Fruit Juice
- ½ Cup Dried Fruit
- 1 Medium Whole Fruit (Apple, Pear, Banana etc..)

VEGETABLES:

- 1 Cup of Raw or Cooked Vegetables
- 1 Cup of Vegetable Juice
- 2 Cups of leafy green vegetables

Follow MyPlate: How Much is a Serving?

		
1 Medium Apple	1 Medium Tomato	1 Cup of Chopped Strawberries
		
1 Cup of Chopped Watermelon	1 Cup of Baby Carrots	1 Cup of Grapes
		
1 Medium Potato	1 Cup of Chopped Asparagus	2 Cups of Leafy Greens



Sample Portion Size From: www.chooseMYPLATE.org