

What's in a Cup?

Adults need 3½ to 6½ cups of fruits and vegetables every day for good health. To find out your specific recommended amount, visit www.mypyramid.gov.

WHAT COUNTS AS 1 CUP?

- 2 medium carrots
- 1 large tomato
- 3 broccoli spears
- 1 large ear of corn
- 8 large strawberries
- 1 small apple
- 1 mango
- 32 seedless grapes
- 1 medium pear

WHAT COUNTS AS ½ CUP?

- 10 string beans
- 1 medium orange
- 6 asparagus spears
- 8 baby carrots
- 6 canned peach slices (it is best to pick canned fruit packed in 100% fruit juice)

OTHER WAYS TO GET THE RECOMMENDED AMOUNT OF FRUITS OR VEGETABLES:

- Make a lunchtime side salad with 1 cup of raw, leafy greens
- Snack on ¼ cup of dried fruit
- Have ½ cup (4 ounces) of 100% fruit or vegetable juice with breakfast