USDA United States Department of Agriculture

WHAT COUNTS AS 1 CUP?

Each food shown below counts as 1 cup of fruit or vegetables.

FRUITS

Many people need to eat 2 cups from the fruits group each day.*

1 cup of chopped fruit like fruit cocktail counts as 1 cup

½ cup of dried fruit like raisins counts as 1 cup

1 large banana counts as 1 cup

32 red seedless grapes count as 1 cup

1 cup (8 ounces) of 100% fruit juice counts as 1 cup

VEGETABLES

Many people need to eat 2½ cups from the vegetables group each day.*

2 cups of leafy greens like raw spinach counts as 1 cup

1 large sweet potato counts as 1 cup

12 baby carrots count as 1 cup

1 cup of cooked black beans counts as 1 cup

1 cup of cooked vegetables like green beans counts as 1 cup

*The amounts are for a person on a 2,000-calorie daily food plan. The amount of fruits and vegetables may vary depending on the age, gender, and physical activity level of each person.