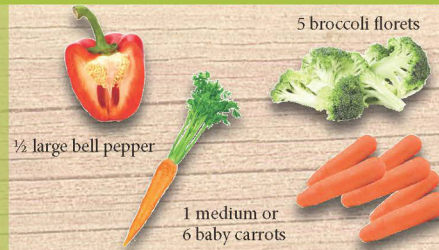


# Vegetables

Aim for 2-4 servings per person/meal

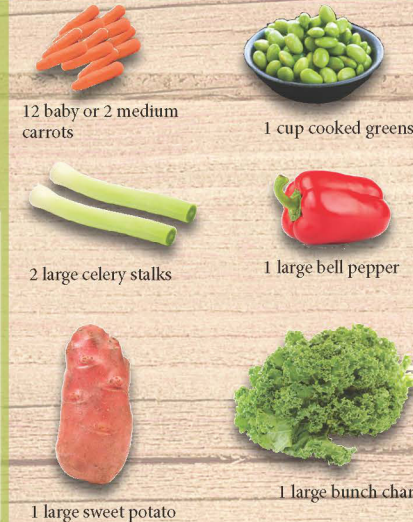
## 1 serving of vegetables =

- ½ cup raw or cooked vegetables (broccoli, Brussels sprouts, mushrooms, onions...)
- ½ cup broccoli = 5 florets
- 1 large celery stalk
- 1 medium carrot or 6 baby carrots
- 1 cup raw leafy greens
- 1 small potato or yam
- ½ cup vegetable juice



## 2 servings of vegetables =

- 1 large bell pepper
- 2 large stalks celery
- 1 cup cooked greens (2 cups uncooked greens)
- 2 medium carrots or 12 baby carrots
- 1 large sweet potato or yam
- 1 large leaf chard and stalk



## How many servings are in...?

- Carrots (1 lb) = 6-8 medium or 4 large = 6-8 servings
- Mushrooms (½ lb or 8 oz) = 12-15 medium = 3 cups sliced = 6 servings
- Chard (1 large bunch, de-stemmed, torn or chopped coarsely) = approx 8 cups = 8 servings
- Sweet Potato or Yam (1 lb) = 1 large, 1 ½ medium; 2 small = 2 servings

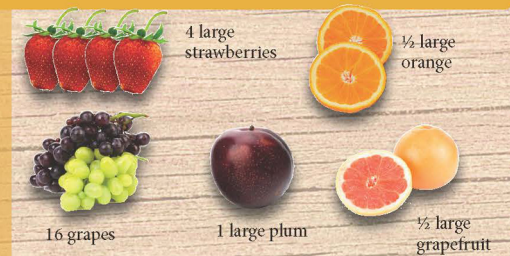
Until you start to get used to visually gauging how many servings are in a bunch of kale or bag of carrots, you might have to keep your measuring cup close at hand.

# Fruit

Aim for 2-3 servings per day

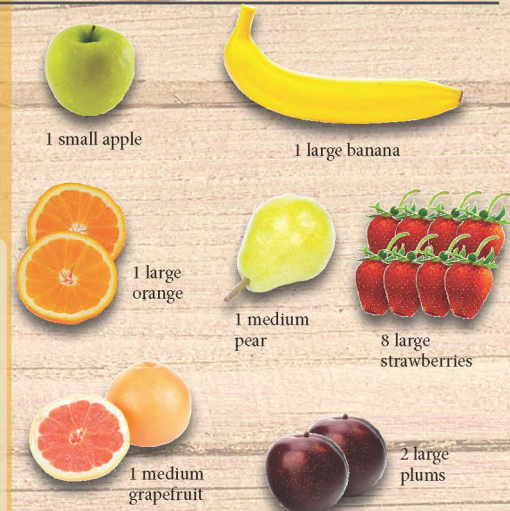
## 1 serving of fruit =

- ½ cup raw fruit (strawberries, blueberries, raspberries...)
- 4 large strawberries
- 1 small banana, orange
- ½ large banana, grapefruit, orange
- 16 grapes
- 1 large plum



## 2 servings of fruit =

- 1 small apple
- 1 large banana
- 1 medium grapefruit
- 1 large orange
- 1 medium pear
- 3 medium plums or 2 large
- 8 large strawberries



## Remember...

1 baseball = 1 cup



1 small computer mouse = ½ cup

