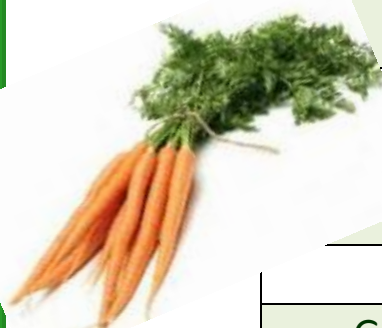


What's a cup? ...Of Veggies



Amount that counts as a cup of vegetables	
Broccoli	1 cup chopped or florets
	3 spears 5" long raw or cooked
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked
Spinach	1 cup, cooked
	2 cups raw is equivalent to 1 cup of vegetables
Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups raw is equivalent to 1 cup of vegetables
Carrots	1 cup, strips, slices, or chopped, raw or cooked
	2 medium
	1 cup baby carrots (about 12)
Pumpkin	1 cup mashed, cooked
Sweet potato	1 large baked (2 ¼" or more diameter)
	1 cup sliced or mashed, cooked
Winter squash (acorn, butternut, hubbard)	1 cup cubed, cooked
Dry beans and peas (Such as black, garbanzo, kidney, pinto, or soy beans, or black eyed peas or split peas)	1 cup whole or mashed, cooked
Tofu	1 cup ½" cubes (about 8 ounces)
Corn, yellow or white	1 cup
	1 large ear (8" to 9" long)
Green peas	1 cup
White potatoes	1 cup diced, mashed
	1 medium boiled or baked potato (2½"-3" diam.)
Bean sprouts	1 cup cooked
Cabbage, green	1 cup, chopped or shredded raw or cooked
Cauliflower	1 cup pieces or florets raw or cooked
Celery	1 cup, diced or sliced, raw or cooked
	2 large stalks (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped
Green or wax beans	1 cup cooked
Green or red peppers	1 cup chopped, raw or cooked
	1 large pepper (3" diameter, 3-¾" long)
Lettuce, iceberg or head	2 cups raw, shredded or chopped
Mushrooms	1 cup raw or cooked
Onions	1 cup chopped, raw or cooked
Tomatoes	1 large raw whole (3")
	1 cup chopped, sliced, raw, canned or cooked
Tomato/vegetable juice	1 cup
Summer squash or zucchini	1 cup cooked, sliced or diced



Nothing to measure with?

Use your fist as a reference

