

Inside the Food Pyramid

Having trouble figuring out how much fruits/vegetables equals a serving? Generally a cup is considered a serving by the USDA but it can be a pain to measure every fruit and vegetable. Here, a breakdown from mypyramid.gov. to help you get to 9 servings (and the 3 bonus points that go with it) every day of the Fitness Challenge.

Fruit

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| Apple | ½ large or 1 small |
| Banana | 1 large (8 to 9" long) |
| Cantaloupe | 1 large wedge (1/4 of a med melon) |
| Grapes | 32 seedless grapes |
| Grapefruit | 1 medium (4" diameter) |
| Orange | 1 large (3-1/16" diameter) |
| Peach | 1 large (2 ¾" diameter) or 2 halves canned |
| Pear | 1 medium pear (2.5 per lb) |
| Plum | 3 medium or 2 large plums |
| Strawberries | About 8 large berries |
| Watermelon | Small wedge (1" thick) |
| Dried Fruit | ½ cup dried fruit |
| Fruit Juice | 1 cup |

Vegetables

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| Broccoli | 3 spears 5" long raw or cooked |
| Greens (collards, mustards, turnip, kale) | 1 cup cooked |
| Spinach | 1 cup cooked= 2 cups raw |
| Lettuce | 1 cup cooked= 2 cups raw |
| Carrots | 2 medium |
| Sweet Potato | 1 large baked (2 ¼ or more diameter) |
| Dry Beans and Peas | 1 cup whole or mashed |
| Tofu | 8 ounces |
| Corn (white or yellow) | 1 large ear |
| White potatoes | 1 med. Boiled/baked (2 ½-3" diameter) |
| Celery | 2 large stalks |
| Bell peppers | 1 large pepper (3" diameter, 3 ¾ inches long) |
| Tomatoes | 1 large raw whole |
| Tomato/Vegetable Juice | 1 cup |