

## More Matters Challenge – Serving Sizes

### Educational Materials

Third Quarter, 2015

#### Vegetables

Focus on fresh	One serving is:
Artichoke†	½ bud or ½ cup hearts
Asparagus†	½ cup or 6 spears
Beans, green†	¾ cup
Bean sprouts†	1 cup
Beets†	½ cup sliced
Bell pepper†	1 medium
Broccoli†	1 cup cut-up
Brussels sprouts†	½ cup or 4 sprouts
Cabbage, cooked†	1 cup
Cabbage, raw†	1½ cups
Carrots†	½ cup sliced, baby or 1 medium
Cauliflower†	1 cup cut-up
Celery†	1 cup diced or 4 medium stalks
Cucumber†	1 cup sliced or 1 medium
Eggplant, cooked (not fried)†	1 cup cubed
Kale, cooked†	2/3 cup
Lettuce†	2 cups shredded
Mushrooms†	1 cup whole
Okra†	½ cup or 3 pods
Onions, green (scallions) †	¾ cup or 8 stalks
Onions, red, white or sweet†	½ cup sliced
Peas, green†	¼ cup
Radishes†	25 medium
Salsa, vegetable	¼ cup
Shallots†	3 tablespoons
Spinach, cooked†	½ cup
Spinach, raw†	2 cups
Squash, summer†	¾ cup sliced
Tomatillo†	½ cup diced
Tomato†	1 medium
Tomato, cherry or grape†	8 or 1 cup
Tomato sauce, fat-free (includes fat-free marinara, pasta, pizza sauces)	¼ cup
Vegetable juice	½ cup (4 ounces)
Vegetables, canned	½ cup
Water chestnuts†	¾ cup
Zucchini, cooked or raw†	¾ cup

† indicates the best choices.

#### Fruits

Focus on fresh	One serving is:
Apple†	1 small
Apple juice, 100%**	½ cup (4 ounces)
Applesauce, unsweet-	½ cup
Apricots†	4 whole
Banana†	1 small or ½ large
Berries, mixed†	1 cup
Blackberries†	1 cup
Blueberries†	¾ cup
Cantaloupe†	1 cup cubed or ¼ small
Cherries†	2/3 cup or about 12
Cranberry juice, 100%**	½ cup (4 ounces)
Figs, dried	3 small
Figs, fresh†	2 small
Grapefruit†	1 small or ½ large
Grapefruit juice, 100%**	½ cup (4 ounces)
Grapes, red or green†	1 cup or 30 small
Honeydew melon†	1 cup cubed
Kiwi†	1 large
Mandarin oranges,	¾ cup
Mango†	½ cup diced
Melon balls†	1 cup or about 8
Mixed fruit, fresh†	¾ cup
Nectarine†	1 medium
Orange†	1 medium
Orange juice, 100%**	½ cup (4 ounces)
Papaya†	½ medium or 1 cup cubed
Peach†	1 large
Pear†	1 small
Pineapple†	½ cup cubed or 2 rings
Pineapple juice, 100%**	½ cup (4 ounces)
Plums†	2
Pomegranate juice,	about 1/3 cup (3 ounces)
Prunes	3
Vegetables, canned	½ cup
Raisins	2 tablespoons
Raspberries†	1 cup
Strawberries†	1½ cups whole
Tangerine†	1 large or ¾ cup
Watermelon†	1¼ cups cubed, 1 small

† indicates the best choices.

\*\*Limit fruit juice to 4 ounces a day — it's high in calories, low in fiber and less filling than fresh