

























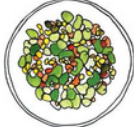



Teaching Tool Download

WHAT'S A PORTION OF FRUITS & VEGETABLES?

Keep this tip sheet handy as a reminder of how much carbohydrate is in a serving of fruit or vegetables.

	1 Small (4 ounces)		1 small (5 ounces)
	1 small (4 ounces)		1 small (6.5 ounces)
	3/4 Cup		1 medium (6 ounces)
	1 Cup cubed		1/2 cup (4 ounces)
	12 fresh		3/4 cup fresh
	1/2 cup (in own juice)		2 small
	3		1 cup
	1/2 large (11 ounces)		1 1/4 cup whole berries
	17		2 whole 1 = 4 ounces
	1		1 1/4 cup cubed
	1/2 small (5.5 ounces)		

	1/2 cup or 1/2 large cob
	Mixed Veggies - 1 cup (corn, peas & potatoes)
	Parsnip or peas 1/2 cup
	Baked potato 3 ounces
	Boiled Potatoes 1/2 cup
	Canned Pumpkin 1 cup
	Winter Squash 1 cup
	Succotash 1/2 cup (corn, lima beans, tomatoes, bell pepper)
	2.5 ounces

*Created using USDA Foods Database

