Vegetables

cup equivalents

What does 1 cup look like?

Vegetables shown at actual size.

Hey kids! Color the veggies.

1 small potato

1 cup

2¾"

1 large corn cob

1 cup

8"

12 baby carrots

1 cup

What about ½ cup?

That's just 1 cup divided in 2!

fruits & veggies more matters™

fruitsandveggiesmorematters.org

Fruit

cup equivalents

What does 1 cup look like?

Fruits shown at actual size.

Hey kids! Color the fruit.

1 medium apple

2¾"

1cup

1cup

⅛ cantaloupe (1 slice)

1 large banana

1cup

9"

What about ½ cup?

That's just 1 cup divided in 2!

fruits & veggies more matters™

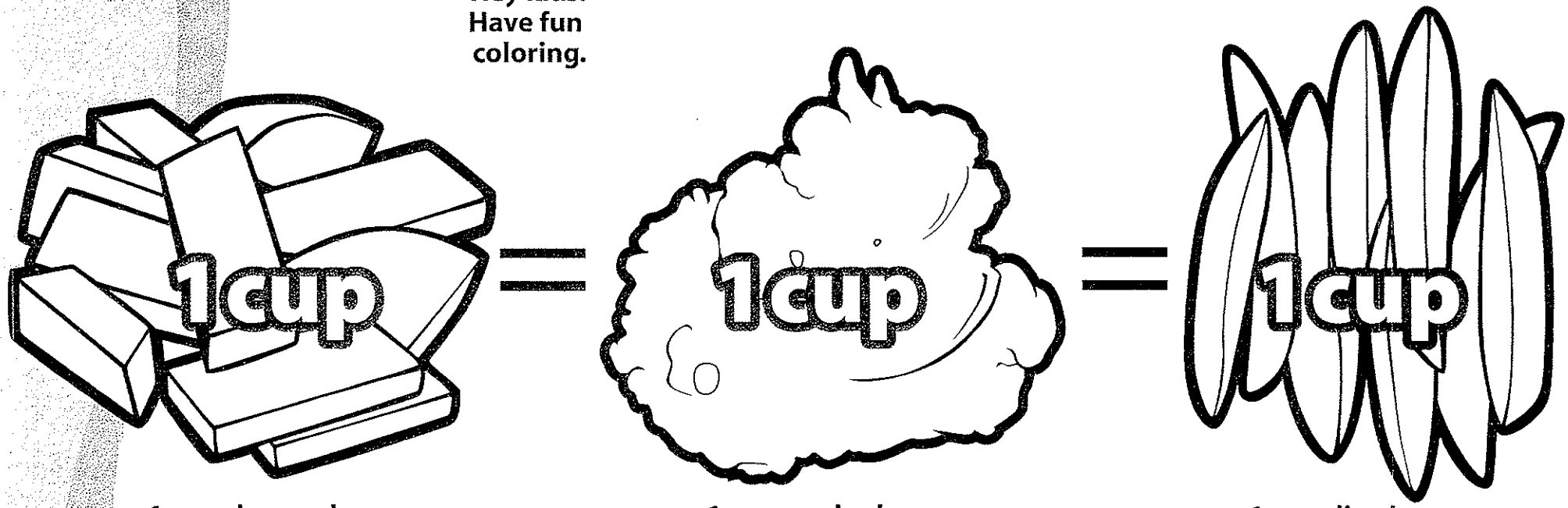
fruitsandveggiesmorematters.org

Chopped, Mashed or Sliced

cup equivalents

1 cup measures volume not shape

Hey kids!
Have fun
coloring.

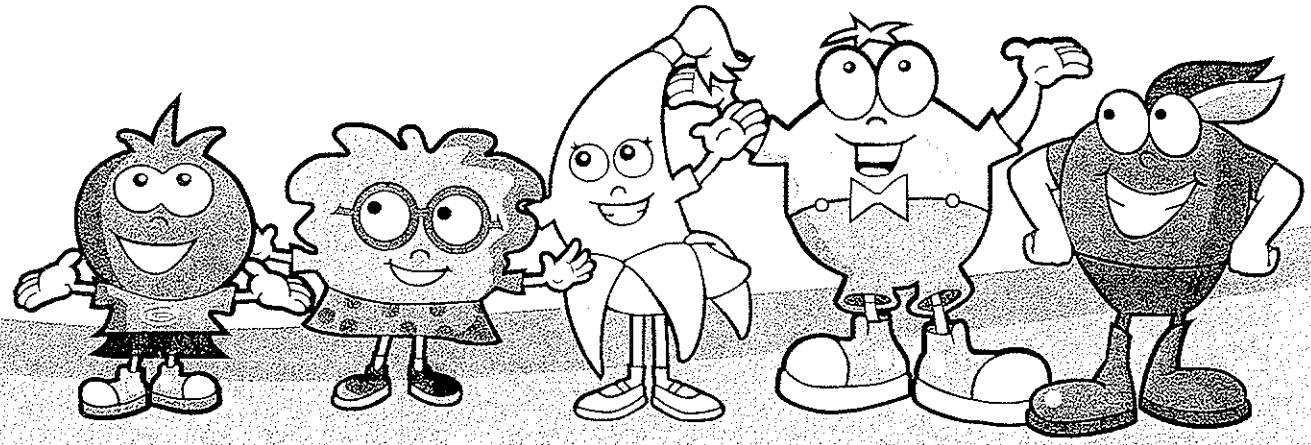


1 cup chopped yam

1 cup mashed yam

1 cup sliced yam

fruits&veggies
more
matters™
fruitsandveggiesmorematters.org

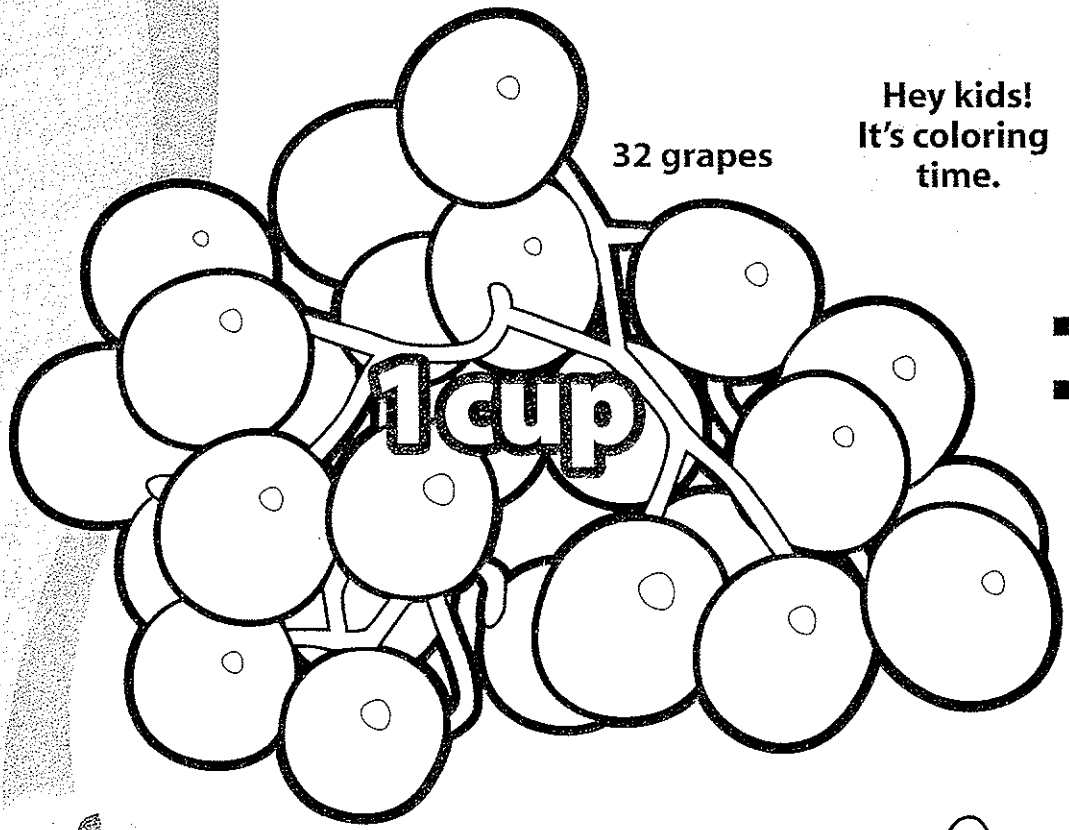


Dried

cup equivalents

1 cup fresh is equivalent to ½ cup dried !

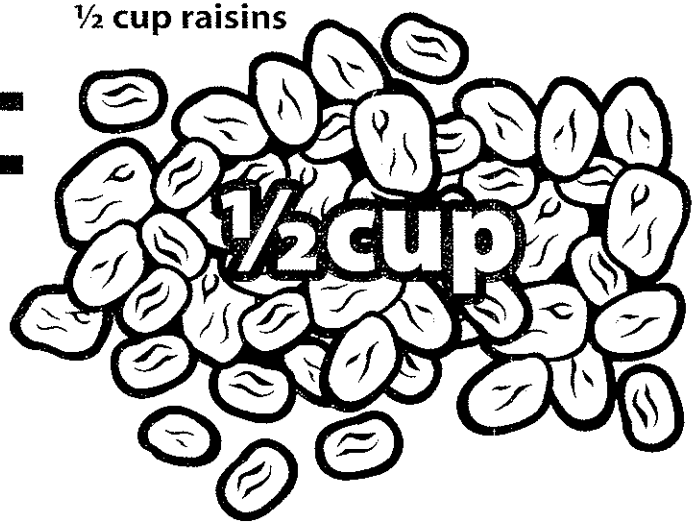
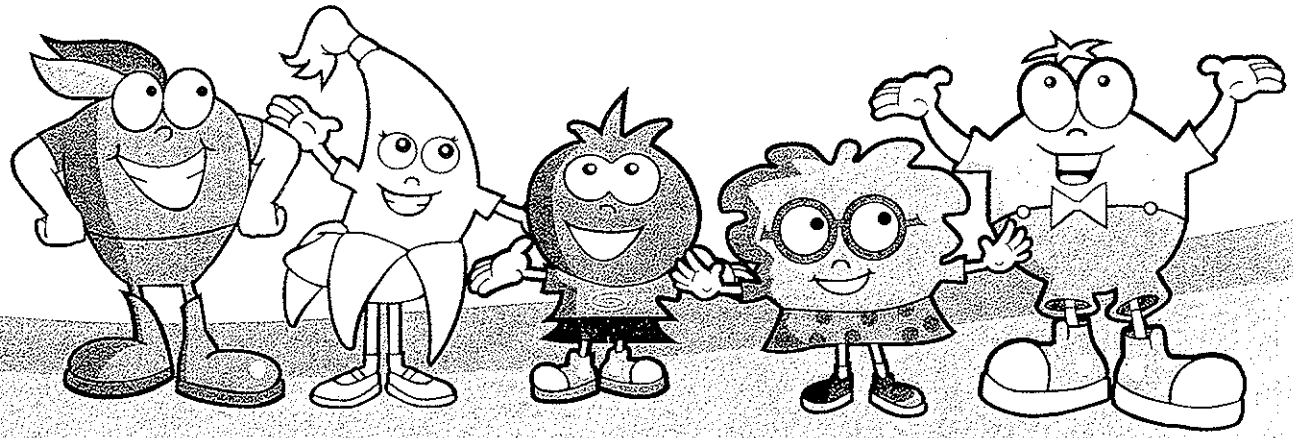
Hey kids!
It's coloring
time.



32 grapes

=

½ cup raisins



fruits & veggies
more
matters™
fruitsandveggiesmorematters.org