

What counts as one cup of vegetables?

Many people need to eat 2½ cups from the vegetables group each day.* This handout shows the amount of food that counts as 1 cup of vegetables.

* The amount of vegetables may vary depending on age, gender, and physical activity level of each person.



1 large sweet potato counts as
1 cup from the vegetables group



1 cup of cooked black beans counts as
1 cup from the vegetables group



12 baby carrots count as
1 cup from the vegetables group



1 cup of raw or cooked vegetables like green beans counts as
1 cup from the vegetables group



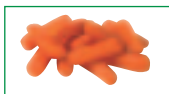
2 cups of raw leafy greens like raw spinach count as
1 cup from the vegetables group



1 cup (8 fluid ounces) of tomato or vegetable juice counts as
1 cup from the vegetables group

My favorite vegetables

Orange Vegetables



Carrots



Pumpkin



Sweet potato

Starchy Vegetables



Corn

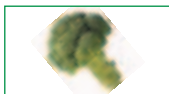


Green peas



White potatoes

Dark Green Vegetables



Broccoli



Greens (collards, mustard greens, turnip greens, kale)



Spinach



Romaine

Other Vegetables



Cabbage



Cauliflower



Green beans



Green or red peppers



Tomatoes



Zucchini

Dry Beans and Peas



Black beans



Garbanzo beans



Kidney beans



Pinto beans



Black-eyed peas

Write others here:



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