

THE FRUIT GROUP

Use fresh fruits daily.
 Fresh frozen fruits are also a good choice.
 Limit the use of sweetened or canned fruits.

Unless otherwise noted, the serving size for one fruit serving is:

- 1/2 cup of fresh fruit or fruit juice
- 1/2 cup of fresh fruit or fruit juice
- 1/4 cup dried fruit



	One Fruit serving equals:
Apple, fresh with skin	1 small (2" diameter) Or 1/2 Large
Applesauce (unsweetened)	1/2 cup
Apricots, fresh	2 medium (or 4 halves)
Apricots , canned, unsweetened	4 halves
Banana, raw	1/2 small
Berries: Blackberries, Boysenberries, Blueberries, Raspberries (raw)	3/4 cup
Strawberries, whole	1 1/4 cup
Cherries, large raw 12 whole Unsweetened canned cherries	1/2 cup
Dates, fresh or dried	2 1/2
Figs raw, 2 " across	2
Fruit cocktail, unsweetened	1/2 cup
Grapefruit, fresh	1/2 medium
Grapes, fresh	15
Guava	1 small
Honeydew melon (medium)	1/8 melon

Honeydew melon (cubes)	1 cup
Kiwi, fresh	1 small
<i>(continued)</i>	One Fruit serving equals:
Mandarin oranges	$\frac{3}{4}$ cup
Mango, fresh	$\frac{1}{2}$ small
Melons: Cantaloupe, honeydew; fresh Casaba or watermelon, cubed	1 cup 1 $\frac{1}{4}$ cup
Nectarines	1 small
Oranges, fresh	1 small
Papaya, fresh	$\frac{1}{2}$ cup, or 1 medium
Peach, 2 $\frac{3}{4}$ " across	1
Peaches, canned, unsweetened	2 halves
Pear, fresh	1 small; or $\frac{1}{2}$ Large
Pears (canned)	(2 halves) $\frac{1}{2}$ cup
Persimmon, fresh	1 medium
Pineapple, fresh	$\frac{3}{4}$ cup
Pineapple, canned in its own juice	$\frac{1}{3}$ cup
Plum, (2 " across)	2
Pomegranate	$\frac{1}{2}$ fruit
Tangerine	1 Large; or 2 small
Tangelo, fresh	1 medium
Watermelon (cubes)	1 $\frac{1}{4}$ cups



Dried Fruit	<i>One Fruit serving equals:</i>
Apples	4 rings
Apricots	7 halves
Dates (medium)	2 ½
Figs	1 ½
Peach	2 halves
Prunes	3 medium
Raisins	2 Tbsp. (i.e.: “coffee scoop”)



Fruit Juice	<i>One Fruit serving equals:</i>
Apple juice/cider	½ cup
Cranberry juice cocktail	1/3 cup
Grapefruit juice	½ cup
Grape juice	1/3 cup
Orange juice	½ cup
Pineapple juice	½ cup
Prune juice	1/3 cup



VEGETABLE GROUP

Choose at least 2-4 vegetable servings daily:

Unless stated otherwise one serving equals:

- 1/2 cup of cooked vegetables
- 1 cup of raw vegetables
- 2 cups salad greens
- 1/2 cup vegetable juice



Artichoke (1/2 medium)	Mixed vegetables
Asparagus	Mushrooms, cooked
Beans (green, wax, Italian, string)	Okra
Bean sprouts	Onions
Beets	Pea pods (snow peas)
Broccoli	Rhubarb
Brussels sprouts	Rutabaga
Cabbage, cooked	Sauerkraut
Carrots	Spinach, cooked
Cauliflower	Summer squash (crookneck)
Chayote	Tomato, cherry (6)
Eggplant	Tomato, medium
Greens (collard, mustard, turnip, kale)	Tomato /vegetable juice
Green peppers	Turnips
Jicama	V-8 juice (1 cup or 8 fluid oz.)
Kohlrabi	Water chestnuts
Leeks	Zucchini, cooked

Starchy Vegetables	<i>One serving equals:</i>
Baked beans	¼ cup
Corn	½ cup
Corn on the cob,	6 in. 1 long
Lima beans	½ cup
Lentils (dried beans, peas or lentils)	⅓ cup
Parsnips	⅔ cup
Peas, green (canned or frozen)	½ cup
Plantain	½ cup
Potato, baked or steamed	1 small (3 oz)
Potato, mashed	½ cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato canned or fresh	⅓ cup

Starchy Vegetables

- *Provide more carbohydrate than other vegetables, but are just as loaded with vitamins, minerals, fiber and phytochemicals as other vegetables.*
- *You can use them in place of or in addition to other starches (rice, pasta, breads, etc) in your meals and snacks to provide variety.*
- *Instead of shunning them, think of them as a nutrient dense source of valuable carbohydrates...one that comes with the bonus of being high in a variety of healthy nutrients.*
- ***Starchy vegetables are an excellent addition to a healthy diet.***

