

What counts as one cup of fruits?

Many people need to eat 2 cups from the fruits group each day.* This handout shows the amount of food that counts as 1 cup of fruits.

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



1 cup of chopped fruit like fruit cocktail counts as 1 cup from the fruits group



1/2 cup of dried fruit like raisins counts as 1 cup from the fruits group



1 large banana counts as 1 cup from the fruits group



1 large orange counts as 1 cup from the fruits group

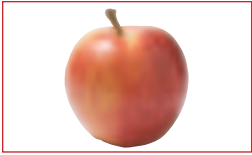


32 red seedless grapes count as 1 cup from the fruits group

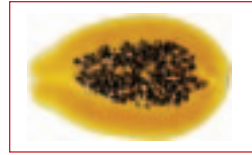


1 cup (8 fluid ounces) of 100% fruit juice counts as 1 cup from the fruits group

My favorite fruits



Apple



Papaya



Blueberries



Peach



Cantaloupe



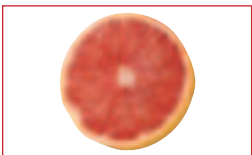
Pear



Grapes



Pineapple



Grapefruit



Plums



Kiwi



Strawberries



Mango



Watermelon

Write others here:



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