

# 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



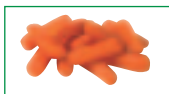
2 cups of raw leafy greens like raw spinach count as  
1 cup from the vegetables group



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

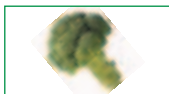


Green peas



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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