**Choose At Least ½ CUP of Fruits and/or Vegetables Daily**

**Choose the portion sizes below or combine smaller amounts to total a ½ cup.**

| **1 Apple**  Apple picture | See the source image**[Image result for Canned Peaches](https://www.bing.com/images/search?view=detailV2&ccid=VWOqXHu4&id=B16844F4605DE358A6B243C5A6311D4EC19964FB&thid=OIP.VWOqXHu4dQEnhJ0ckuk34wEsDh&mediaurl=http://upload.wikimedia.org/wikipedia/commons/e/e7/Canned_sliced_peaches.JPG&exph=1536&expw=2048&q=Canned+Peaches&simid=607986402577944335&selectedIndex=0&qft=+filterui:license-L2_L3_L4_L5_L6_L7)2 Scoops of Canned Fruit**  See the source image | **See the source imageLettuce (1 cup = Size of Baseball)**  picture of a baseball to illustrate what 1 cup should look like.  **=** | **See the source image**See the source image**2 Scoops of Baked Beans**  See the source image |
| --- | --- | --- | --- |
| **1 Orange**  Picture of orange | **See the source image04 Large Strawberries**  **See the source image** | See the source image**8 Baby Carrots** | See the source image**See the source image2 Scoops of Potato Salad**  See the source image |
| **See the source image1 Banana** | **1 Kiwi** | **See the source image5 Broccoli Florets** | **See the source imageCucumbers (Size of Small Mouse)**  **See the source image**  **=** |
| See the source image**15 Grapes** | **See the source image1 Carton of 100% Fruit Juice** | **[Image result for mandarin oranges](https://www.bing.com/images/search?view=detailV2&ccid=Har99rG6&id=B4BEF9CB8CF49BFC9535245E6F51E6DC1825E0C3&thid=OIP.Har99rG6XeuFwYTWSyhc2AEsEs&mediaurl=http://www.gianteagle.com/ProductImages/PRODUCT_NODE_1425/99760.jpg&exph=600&expw=600&q=mandarin+oranges&simid=608046441888287184&selectedIndex=1&qft=+filterui:license-L2_L3_L4_L5_L6_L7)2 Tangerines** | **See the source imageCelery (Size of Small Mouse)**  **See the source image**  **=** |

**Please take only what you will eat after you get a ½ cup.**

***Instructions: Verify all serving sizes and serving utensils are correct with food yield test prior to service!***