

SALAD BAR TOOL

Vegetable	Serving Size	Contribution	Type of Vegetable (Dark Green, Red/Orange, Beans/Peas/Legumes, Starchy, other)
Baby Carrots (Raw)	½ Cup (6 carrots)	½ Cup	Red/Orange
Broccoli	½ Cup (5 florets)	½ Cup	Dark Green
Cauliflower	½ Cup (5 florets)	½ Cup	other
Celery (raw)	½ Cup (3 large sticks)	½ Cup	other
Cherry Tomatoes	½ Cup (6 tomatoes)	½ Cup	Red/Orange
Cucumber	½ Cup (10 slices)	½ Cup	other
Garbanzo Beans	¼ Cup	¼ Cup	Beans/Peas/Legumes
Green Peppers	¼ Cup (6 small strips)	¼ Cup	other
Iceberg Lettuce	1 Cup	½ Cup	Dark Green
Kidney Beans	¼ Cup	¼ Cup	Beans/Peas/Legumes
Mushrooms	¼ Cup (1 handful OR 2 whole large mushrooms)	¼ Cup	other
Onions (Raw/sliced)	¼ cup (2 slices)	¼ cup	other
Peas (frozen)	½ Cup or ¼ Cup	½ Cup or ¼ Cup	Starchy
Radishes (Raw)	¼ Cup sliced (7 small radishes)	¼ Cup	other
Romaine Lettuce	1 Cup	½ Cup	Dark Green
Spinach (Raw)	1 Cup	½ Cup	Dark Green