**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 Peaches2 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 oranges2 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!***