



Fruit and Vegetable Serving Size Guide

This guide provides the amounts of whole fruits and vegetables needed to credit as $\frac{1}{4}$ cup and $\frac{1}{2}$ cup. The “count” number in the Size column is how many pieces of fruit or vegetable fit in a specific-sized box. The smaller the count number, the larger the piece of fruit or vegetable. Measurements in the Size column are the number of inches the fruit is in diameter.

Fruit	Size	1 whole fruit is equal to amount below	Amount to credit as $\frac{1}{4}$ cup	Amount to credit as $\frac{1}{2}$ cup
Apple	100 count (3 $\frac{1}{8}$ inch), large	1 $\frac{1}{4}$ cups	$\frac{1}{5}$ large apple	$\frac{2}{5}$ large apple
	125-138 count (2 $\frac{7}{8}$ - 2 $\frac{3}{4}$ inch), med	1 cup	$\frac{1}{4}$ medium apple	$\frac{1}{2}$ medium apple
	163 count (2 $\frac{1}{2}$ inch), small	$\frac{3}{4}$ cup	$\frac{2}{3}$ small apple	$\frac{2}{3}$ small apple
Apricot	Fresh, medium	$\frac{1}{4}$ cup	1 apricot	2 apricots
Banana	100-120 and 150 count	$\frac{1}{2}$ cup	$\frac{1}{2}$ banana	1 banana
Cantaloupe	Whole, medium	2 $\frac{1}{2}$ cups	$\frac{1}{10}$ cantaloupe	$\frac{1}{5}$ cantaloupe
Cherries	Whole		7 cherries	14 cherries
Clementine	Whole	$\frac{3}{8}$ cup	$\frac{2}{3}$ clementine	1 $\frac{1}{3}$ clementine
Dried Fruit			$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
Grapefruit	27-32 count	1 cup	$\frac{1}{4}$ grapefruit	$\frac{1}{2}$ grapefruit
Grapes	Seedless, whole		7 grapes	14 grapes
	Whole, with seeds		6 grape halves	12 grape halves
Kiwi	33-39 count		1 kiwi	2 kiwis
Nectarine	88-96 count (small, 2 $\frac{1}{4}$ inch)	$\frac{1}{2}$ cup	$\frac{1}{2}$ small nectarine	1 small nectarine
	56-64 count (medium, 2 $\frac{3}{4}$ inch)	$\frac{3}{4}$ cup	$\frac{1}{3}$ medium nectarine	$\frac{2}{3}$ each medium nectarine
Orange	113 and 125 count, large	$\frac{5}{8}$ cup	$\frac{1}{2}$ large orange	1 large orange
	126 and 138 count, medium	$\frac{1}{2}$ cup	$\frac{1}{2}$ medium orange	1 medium orange
Peach	88 or 84 count (small, 2 $\frac{1}{8}$ inch)	$\frac{3}{8}$ cup	$\frac{2}{3}$ small peach	1 $\frac{1}{3}$ small peach
	80 count	$\frac{1}{2}$ cup	$\frac{1}{2}$ peach	1 peach
	64 or 60 count (medium, 2 $\frac{1}{2}$ inch)	$\frac{2}{3}$ cup	$\frac{3}{8}$ medium peach	$\frac{3}{4}$ medium peach
	56 count (large)	$\frac{3}{4}$ cup	$\frac{1}{3}$ large peach	$\frac{2}{3}$ large peach
Pear	150 count, small	$\frac{1}{2}$ cup	$\frac{1}{2}$ small pear	1 small pear
	120 count, medium	$\frac{3}{4}$ cup	$\frac{1}{3}$ medium pear	$\frac{2}{3}$ medium pear
	100 count, large	1 $\frac{1}{4}$ cups	$\frac{1}{4}$ large pear	$\frac{1}{2}$ large pear
Plums	1.5 x 2 inch, small	$\frac{1}{5}$ cup	1 $\frac{1}{4}$ small plum	2 $\frac{1}{2}$ small plum
	2 x 2 inch, medium	$\frac{1}{2}$ cup	$\frac{1}{2}$ medium plum	1 medium plum
	2.5 x 2.5 inch, large	$\frac{5}{8}$ cup	$\frac{1}{2}$ large plum	1 large plum
Tangerine	Medium	$\frac{3}{8}$ cup	$\frac{2}{3}$ medium tangerine	1 $\frac{1}{3}$ medium tangerine
	Large	$\frac{1}{2}$ cup	$\frac{1}{2}$ large tangerine	1 large tangerine

Vegetable	Size	Amount to credit as $\frac{1}{4}$ cup	Amount to credit as $\frac{1}{2}$ cup
Raw leafy greens		$\frac{1}{2}$ cup	1 cup
Cooked leafy greens		$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Carrots	4 inch x $\frac{1}{2}$ inch sticks	3 sticks	6 sticks
Celery	4 inch x $\frac{1}{2}$ inch sticks	3 sticks	6 sticks
Corn	Medium ear	$\frac{1}{2}$ ear of corn	1 ear of corn
Cucumber	3 inch x $\frac{3}{4}$ inch sticks (pared or unpared)	3 sticks	6 sticks
Potato	120 count (6 ounces by weight)	$\frac{1}{2}$ (6 oz potato)	1 (6 oz potato)
	100 count (8 ounces by weight)	$\frac{1}{3}$ (8 oz potato)	$\frac{2}{3}$ (8 oz potato)
	80 count (10 ounces by weight)	$\frac{1}{4}$ (10 oz potato)	$\frac{1}{2}$ (10 oz potato)
Radish	Fresh, without tops, small	7 radishes	14 radishes
Tomato	Cherry, whole	3 cherry tomatoes	6 cherry tomatoes
	Small or medium, $\frac{1}{8}$ inch thick slices	5 slices	10 slices
	Large, $\frac{1}{8}$ inch thick slices	4 slices	8 slices
Turnip	2 inch x $\frac{1}{2}$ inch sticks	7 sticks	14 sticks
Zucchini (summer squash)	3 inch x $\frac{1}{2}$ inch raw sticks	3 sticks	6 sticks