



Visual Portion Size Guide: Fruit

This handout is a visual tool to help estimate portion sizes. Refer to the CACFP Meal Pattern or the chart below for required minimum serving sizes. Print this document in actual size to retain true portion sizes. Select "Actual Size" when printing.



Apple Slices



Blueberries



Fruit Cocktail



Grapes



Kiwi



Mandarin Oranges



Melon



Orange Smiles



Diced Peaches



Banana Slices



Pineapple



Strawberries

Required Minimum Serving Sizes of Fruit

	Breakfast	Lunch/Supper	Snack
1-2 year olds	1/4 cup	1/8 cup	1/2 cup
3-5 year olds	1/2 cup	1/4 cup	1/2 cup
6-18 year olds	1/2 cup	1/4 cup	3/4 cup
Adult Day Care Participants	1/2 cup	1/2 cup	1/2 cup

This resource was adapted from the Minnesota Department of Education

Apple Slices



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Blueberries



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Fruit Cocktail



1/4 cup



1/2 cup



3/4 cup

Grapes



1/4 cup



1/2 cup



3/4 cup

Kiwi



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Mandarin Oranges



¼ cup



½ cup



¾ cup

Melon



1/4 cup



1/2 cup



3/4 cup

Orange Smiles



¼ cup



½ cup



¾ cup

Diced Peaches



1/4 cup



1/2 cup



3/4 cup

Banana Slices



1/4 cup



1/2 cup



3/4 cup

Pineapple



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Strawberries



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup
