



Visual Portion Size Guide: Vegetables

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.



[Baby Carrots](#)



[Baked Beans](#)



[Black Beans](#)



[Broccoli](#)



[Cauliflower](#)



[Celery](#)



[Cherry Tomatoes](#)



[Corn](#)



[Cucumber Slices](#)



[Diced Tomato](#)



[Garbanzo Beans](#)



[Green Beans](#)



[Jicama Sticks](#)



[Mixed Vegetables](#)



[Peas](#)



[Sliced Bell Peppers](#)



[Sugar Snap Peas](#)

Required Minimum Serving Sizes of Vegetables

	Breakfast	Lunch/Supper	Snack
1-2 year olds	¼ cup	1/8 cup	½ cup
3-5 year olds	½ cup	¼ cup	½ cup
6-18 year olds	½ cup	½ cup	¾ cup
Adult Day Care Participants	½ cup	½ cup	½ cup

This resource was adapted from the Minnesota Department of Education

Baby Carrots



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Baked Beans



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Black Beans



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Broccoli



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Cauliflower



1/4 cup



1/2 cup



3/4 cup

Celery



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Cherry Tomatoes



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Corn



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Cucumber Slices



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Diced Tomato



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Garbanzo Beans



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Green Beans



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Jicama Sticks



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Mixed Vegetables



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Peas



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Sliced Bell Peppers



1/4 cup



1/2 cup



3/4 cup

Sugar Snap Peas



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup