



## Examples of Servings

### Non-Starchy Vegetables

Tomatoes	Cauliflower	Cabbage
Green Beans	Radishes	Pea Pods
Zucchini	Carrots	Snow Peas
Cucumbers	Mushrooms	Onions
Celery	Spinach	Sauerkraut*
Lettuce	Peppers	Eggplant
Greens	Beets	Vegetable Juice*
Broccoli	Okra	Summer Squash

*Serving Size = 1/2 cooked, 1 cup raw*

*\*watch salt*

### Starchy Vegetables

- ❖ Potatoes
  - ❖ Sweet Potatoes
  - ❖ Corn
  - ❖ Beans (also a protein source)
  - ❖ Peas
  - ❖ Lima Beans
  - ❖ Lentils
  - ❖ Winter Squash
- ❖ ½ Cup Cooked is a serving!



## **Fruit:**

Serving size varies

- generally is one piece of fruit –such as Apple, orange, Peach, Pear
- One fruit cup
- ½ cup applesauce
- 1 cup of berries
- ½ grapefruit
- 1 cup chopped melon
- ½ cup juice
- ¼ cup dried fruit

