FRUIT
1 CUP IS...

Apple: 1 small apple (about 2 1/2 inches in diameter, a little smaller than a baseball)

Banana: 1 large banana (8 to 9 inches long)

Cantaloupe: 1 cup diced or about 1/8 of a large melon

Dried Fruit: 1/2 cup

Grapefruit: 1 medium grapefruit (about 4 inches across)

Grapes: About 32 average grapes

Orange: 1 large orange (a little bigger than a baseball)

Peach: 1 large peach (about the size of a tennis ball)

Pear: 1 medium pear

Pineapple: 1 cup chopped (a little less than 1/4 of a pineapple)

Plums: 2 large plums

Strawberries: 8 large berries

Tomato: 1 cup chopped or 1 large tomato (about 3 inches in diameter, about the size of a baseball)
Asparagus: About 4 spears

Beans, Cooked (black, garbanzo, etc.): 1 cup

Bell Pepper: 1 cup chopped or 1 large pepper (about 3 inches in diameter)

Broccoli: A generous fistful (tennis ball size) of florets or about 16 small florets

Carrots: 1 cup chopped or 2 medium whole carrots (6 to 7 inches long)

Cauliflower: A little less than a 1/4 head of florets

Celery: 1 cup diced or 2 stalks (11 to 12 inches long)

Corn: 1 cup of kernels or 1 large ear (8 to 9 inches long)

Cucumber: 1 cup sliced/chopped or about 1/2 of a medium cucumber (8 to 9 inches long)

Green Beans: 1 cup cooked (we counted: It's about 19 to 20 beans)

Greens, Cooked (kale, chard, etc.): 1 cup

Greens, Raw (lettuce, spinach, etc.): 2 cups (about two large leaves of chopped romaine)

Summer Squash: 1 cup cooked/sliced/diced squash or 1 whole zucchini (7 to 8 inches long) or about 1/2 of a large yellow crookneck

Sweet Potato: 1 cup mashed or 1 large baked potato (about 2 1/4 inches in diameter)