

FRUIT SERVING SIZES FOR WOMEN

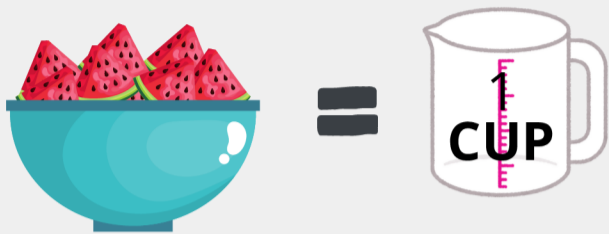
1½ CUPS OR CUP-EQUIVALENTS PER DAY FROM FRUIT

LARGE PIECE OF FRUIT



A large piece of fruit (e.g., apple, orange, peach, 8-to-9 inch banana) or two small pieces of fruit (e.g., small plums, apricots) equals a 1 cup-equivalent from fruit.

DICED FRUIT



A 1 cup portion of diced fruit (e.g., cantaloupe, watermelon) equals a 1 cup-equivalent from fruit.

MEDIUM PIECE OF FRUIT



A medium piece of fruit (e.g., small apple, small orange, less than 6" banana) equals a ½ cup-equivalent from fruit.

JUICE



A 6-ounce (¾ cup) of 100% juice equals a ¾ cup-equivalent from fruit.

BERRIES



A ½ cup portion of berries equals a ½ cup-equivalent from fruit.

DRIED FRUIT



A ¼ cup portion of dried fruit equals a ½ cup-equivalent from fruit.

*Based on USDA recommendations