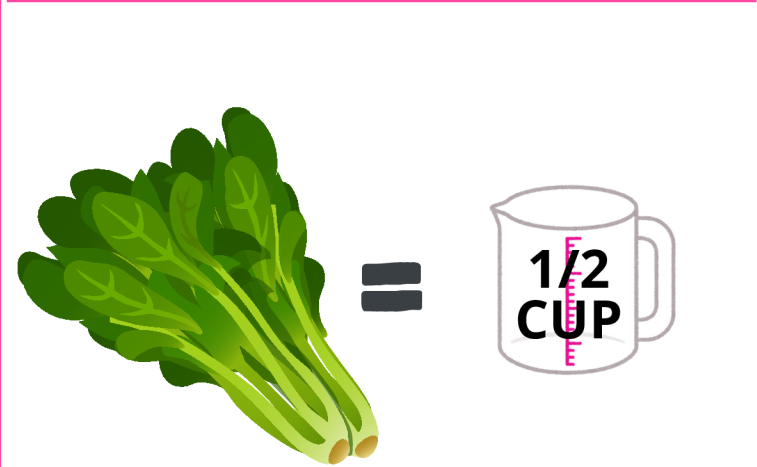


VEGETABLES SERVING SIZES FOR WOMEN

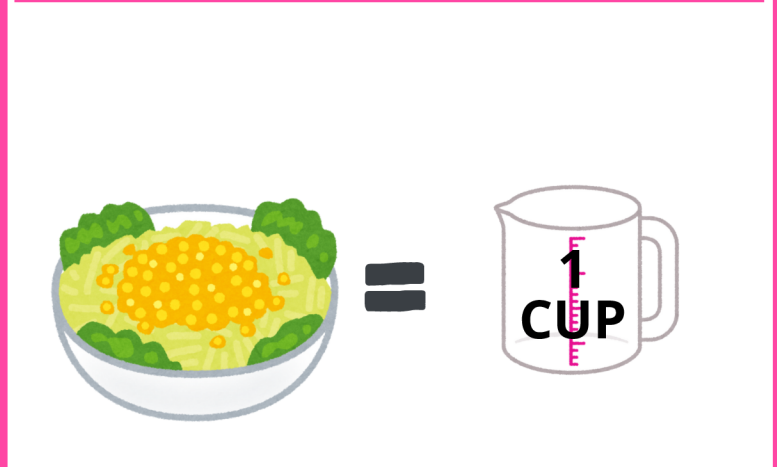
2½ CUP EQUIVALENTS PER DAY FROM VEGETABLES FOR WOMEN AGED 19-TO-50, THEN 2 CUPS OR CUP-EQUIVALENTS THEREAFTER.

RAW OR LEAVY GREENS



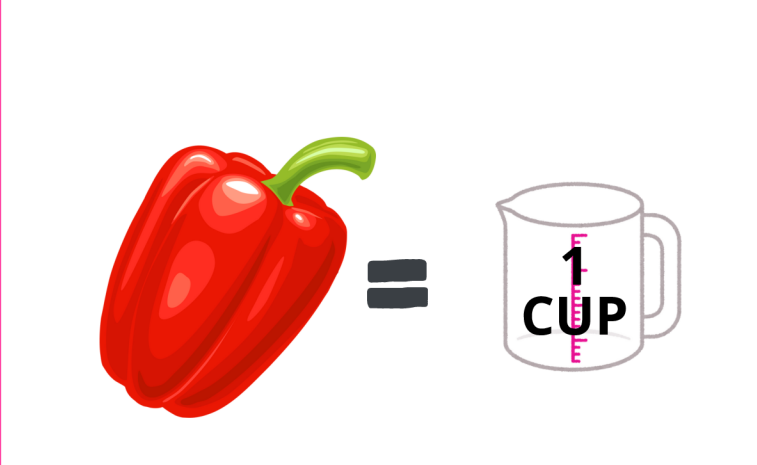
A 1 cup portion of raw or leafy green vegetables (e.g., kale, spinach, lettuce, collards) equals a ½ cup-equivalent from vegetables.

STARCHY VEGETABLES



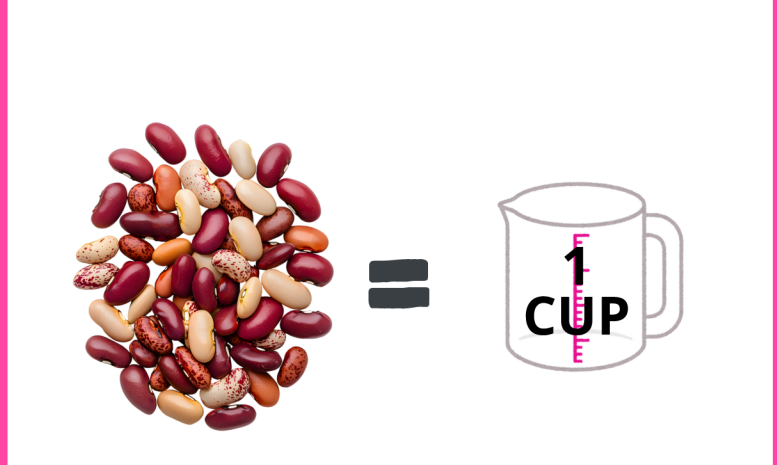
A 1 cup portion of starchy vegetables (e.g., corn, green peas, potatoes) equals a 1 cup-equivalent from vegetables.

RED AND ORANGE



A 1 cup portion of red and orange vegetables (e.g., pumpkin, peppers, squash) equals a 1 cup-equivalent from vegetable.

DRY BEANS



A 1 cup portion of dry beans (e.g., kidney, soy, garbanzo), whole or mashed equals a 1 cup-equivalent from vegetables.

*Based on USDA recommendations