

# VEGETABLE SERVING SIZE

GOAL = 6 Servings/Day!!

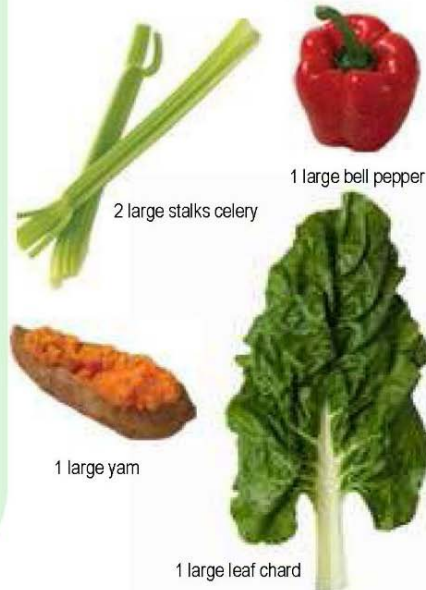
## 1 serving of vegetables =

- 1/2 cup raw or cooked vegetables (broccoli, Brussels sprouts, carrots, mushrooms, onions...)
- 1/2 cup broccoli = 5 florets
- 1/2 large bell pepper
- 1 large celery stalk
- 1 medium carrot or 6 baby carrots
- 1 cup raw leafy greens (Swiss chard, rainbow chard, bok choy, collard greens, spinach, kale, mustard greens, beet greens, romaine lettuce, cabbage...)
- 1 small sweet potato or yam
- 1/2 cup vegetable juice



## 2 servings of vegetables =

- 1 large bell pepper
- 2 large stalks celery
- 1 cup *cooked* greens (2 cups uncooked greens)
- 2 medium carrots or 12 baby carrots
- 1 large sweet potato or yam
- 1 large leaf chard and stalk (Swiss, red, rainbow)



## How many servings are in...?\*

- Carrots (1lb) = 6-8 medium or 4 large = 6-8 servings
- Mushrooms (1/2 lb or 8oz) = 12-15 medium = 3 cups sliced = 6 servings
- Chard (1 large or 2 small bunch(es) chopped) = 8-10 cups = 8-10 servings
- Kale (1 large bunch, de-stemmed, torn or chopped coarsely) = approx 8 cups = 8 servings
- Sweet Potato or Yam (1lb) = 1 large; 1 1/3 medium; 2 small = 2 servings

\*Until you start to get used to visually gauging how many servings are in a bunch of kale or a bag of carrots (for example), you might have to keep your measuring cup close at hand.