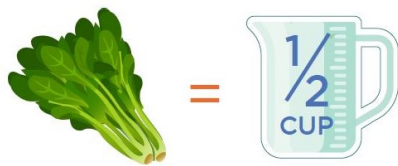


Vegetables_servings sizes

VEGETABLE SERVING SIZES

2½ cup equivalents per day from vegetables for women aged 19-to-50, then 2 cups or cup-equivalents thereafter;
3 cup equivalents per day from vegetables for men aged 19-to-50, then 2½ cups or cup-equivalents thereafter.

RAW OR LEAFY GREENS



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

STARCHY VEGETABLES



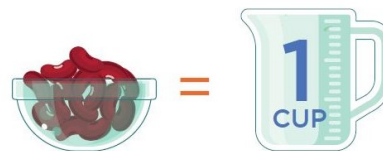
A 1 cup portion of starchy vegetables
(e.g., corn, green peas, potatoes)
equals a 1 cup-equivalent from vegetables.

RED AND ORANGE



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

DRY BEANS



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