



How Many Vegetables?

This chart shows how much to eat from the Vegetables Group. This amount is right for persons who get less than 30 minutes of moderate physical activity each day. Young people who are more active may need to eat more food to meet their calorie (energy) needs. Individual needs vary, so use this as a general guide to food intake.

Group	Age	Daily Recommendation
Children	4-8 years old	1½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2½ cups
Boys	9-13 years old	2½ cups
	14-18 years old	3 cups

What Counts as a Cup?

In general, 1 cup of raw or cooked vegetables or 1 cup of vegetable juice or 2 cups of raw leafy greens each counts as a cup of veggies.

Here are a few more examples:

1 large green, red or yellow pepper
(3" diameter, 3¾" long)

2 large stalks of celery
(11" to 12" long)

1 medium boiled or baked potato
(2½" to 3")

1 large ear of corn
(8" to 9" long)

12 baby carrots

1 large raw whole tomato (3")

