

▶ WHAT COUNTS AS 1 CUP?

Each food shown below counts as 1 cup of fruit or vegetables.

▶ FRUITS

Many people need to eat 2 cups from the fruits group each day.*



1 cup of chopped fruit like fruit cocktail counts as 1 cup



½ cup of dried fruit like raisins counts as 1 cup



1 large banana counts as 1 cup



32 red seedless grapes count as 1 cup



1 cup (8 ounces) of 100% fruit juice counts as 1 cup

▶ VEGETABLES

Many people need to eat 2½ cups from the vegetables group each day.*



2 cups of leafy greens like raw spinach counts as 1 cup



1 large sweet potato counts as 1 cup



12 baby carrots count as 1 cup



1 cup of cooked black beans counts as 1 cup



1 cup of cooked vegetables like green beans counts as 1 cup

*The amounts are for a person on a 2,000-calorie daily food plan. The amount of fruits and vegetables may vary depending on the age, gender, and physical activity level of each person.

To find the right amount of fruits and vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or SuperTracker.usda.gov.

▶ CUBAN SALAD

TOTAL TIME: 20 minutes

MAKES: four 1-cup servings

INGREDIENTS:

For the dressing:

- 3 tablespoons vegetable oil
- ¼ cup fresh lime juice (1 large or 2 small limes)
- 1 teaspoon of garlic, peeled and minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper

For the salad:

- 1 head romaine lettuce, washed, patted dry with paper towels, and torn into bite-size pieces
- 2 large tomatoes, diced
- 1 red onion, finely diced
- 6–8 radishes, thinly sliced

DIRECTIONS:

To make the dressing:

1. Put the oil, lime juice, garlic, salt, and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

To make the salad:

2. Put the lettuce, tomatoes, onion, and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
3. Pour the dressing over the lettuce mixture and toss. Serve right away.
4. For protein, add low-sodium canned tuna, sardines, or salmon on top of the salad.



NUTRIENTS PER SERVING:

Calories 154, Protein 3 g, Dietary Fiber 7 g, Total Fat 11 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 194 mg.



For more recipes visit
WhatsCooking.fns.usda.gov.



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