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SP655-B-Food Groups in Focus - Vegetable Group

The University of Tennessee Agricultural Extension Service

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Food Groups in Focus



Vegetable Group

Vary your veggies

Age	Recommended Daily Amount* (cups)
2 to 3 years	1
4 to 8 years	1 ½
9 to 13 years	Female: 2
	Male: 2 ½
14 to 18 years	Female: 2 ½
	Male: 3
19 to 30 years	Female: 2 ½
	Male: 3
31 to 50 years	Female: 2 ½
	Male: 3
51+ years	Female: 2
	Male: 2 ½

*These amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities.

What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy vegetables can be considered 1 cup from the vegetable group.

	Food	What counts as 1 cup vegetables?	Amount that counts as ½ cup vegetables
Dark greens	Broccoli	<ul style="list-style-type: none"> • 1 cup chopped broccoli or florets • 3 (5-inch) spears, raw or cooked 	
	Greens (collards, mustard, turnip, kale)	<ul style="list-style-type: none"> • 1 cup cooked greens 	
	Raw leafy greens (spinach, romaine, watercress, dark green leafy lettuce, endive, escarole)	<ul style="list-style-type: none"> • 1 cup cooked greens • 2 cups raw greens 	<ul style="list-style-type: none"> • 1 cup raw greens
Orange	Carrots (whole, strips, slices or chopped; raw or cooked)	<ul style="list-style-type: none"> • 1 cup carrots • 2 medium carrots • 1 cup baby carrots (about 12) 	<ul style="list-style-type: none"> • 1 medium carrot • About 6 baby carrots
	Pumpkin	<ul style="list-style-type: none"> • 1 cup mashed pumpkin, cooked 	
	Sweet potato	<ul style="list-style-type: none"> • 1 large (at least 2 ¼-inch diameter) baked • 1 cup sliced or mashed, cooked 	
Dry beans & peas	Winter squash (acorn, butternut, hubbard)	<ul style="list-style-type: none"> • 1 cup cubed squash, cooked 	<ul style="list-style-type: none"> • ½ acorn squash, baked = ¾ cup
	Black, garbanzo, kidney, pinto, soy beans, black-eyed peas, split peas	<ul style="list-style-type: none"> • 1 cup whole or mashed beans, cooked 	
	Tofu	<ul style="list-style-type: none"> • 1 cup ½-inch cubes tofu (about 8 ounces) 	<ul style="list-style-type: none"> • 1 (2 ½ x 2 ¾ x 1 inch) piece, about 4 ounces
Starchy	Corn, yellow or white	<ul style="list-style-type: none"> • 1 cup corn • 1 large ear corn (8 to 9 inches long) 	<ul style="list-style-type: none"> • 1 small ear corn (about 6 inches long)
	Green peas	<ul style="list-style-type: none"> • 1 cup green peas 	
	White potatoes	<ul style="list-style-type: none"> • 1 cup diced potatoes, mashed • 1 (2 ½- to 3-inch) boiled or baked potato • French fries (20 medium to long strips, 2 ½ to 4 inches long) 	
Other	Bean sprouts	<ul style="list-style-type: none"> • 1 cup cooked bean sprouts 	
	Cabbage, green	<ul style="list-style-type: none"> • 1 cup cabbage, raw or cooked 	
	Cauliflower	<ul style="list-style-type: none"> • 1 cup cauliflower pieces or florets 	
	Celery	<ul style="list-style-type: none"> • 1 cup diced or sliced celery, raw or cooked • 2 large (11- to 12-inch) stalks 	<ul style="list-style-type: none"> • 1 large (11- to 12-inch) stalk
	Cucumbers	<ul style="list-style-type: none"> • 1 cup raw cucumbers, sliced or chopped 	
	Green or wax beans	<ul style="list-style-type: none"> • 1 cup cooked beans 	
	Green or red peppers	<ul style="list-style-type: none"> • 1 cup chopped, raw or cooked peppers • 1 large (3-inch diameter, 3 ¾-inch long) 	<ul style="list-style-type: none"> • 1 small pepper
	Lettuce, iceberg or head	<ul style="list-style-type: none"> • 2 cups raw, shredded or chopped lettuce 	<ul style="list-style-type: none"> • 1 cup raw, shredded or chopped lettuce
	Mushrooms	<ul style="list-style-type: none"> • 1 cup raw or cooked mushrooms 	
	Onions	<ul style="list-style-type: none"> • 1 cup chopped, raw or cooked onions 	
	Tomatoes	<ul style="list-style-type: none"> • 1 large (3-inch) raw tomato • 1 cup chopped or sliced, raw, canned or cooked 	<ul style="list-style-type: none"> • 1 small (2 ¼-inch) tomato • 1 medium canned tomato
	Summer squash or zucchini	<ul style="list-style-type: none"> • 1 cup cooked, sliced or diced squash 	<ul style="list-style-type: none"> • ½ cup cooked, sliced or diced squash
Tomato or other vegetable juice	<ul style="list-style-type: none"> • 1 cup juice 		

Source: USDA Center for Nutrition Policy and Promotion, visit MyPyramid.gov on the Web.
Released by Janie Burney, PhD, RD, Associate Professor, Family and Consumer Sciences

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