

Hawaii Child Care Nutrition Program: Vegetable and Fruit Serving Size Chart

This chart is a snapshot of commonly used vegetables that can be found in the Food Buying Guide for Child Nutrition Programs, commonly referred to as the Food Buying Guide (FBG).

<u>VEGETABLES</u>	
<u>Carrot Stick</u>	1 stick is 4 inches long and ½ inch wide. 3 sticks = ¼ cup
<u>Cauliflower</u>	1 medium head = about 6 cups florets
<u>Celery Sticks</u>	1 stick is 4 inches long and ½ inch wide. 3 sticks = ¼ cup
<u>Cucumber Sticks</u>	1 stick is 3 inches long and ¾ inch wide. 3 sticks (pared or unpared) = ¼ cup
<u>Lettuce Head (Iceberg)</u>	¼ cup raw, shredded vegetable OR ¼ cup raw vegetable pieces
<u>Lettuce, Leaf</u>	¼ cup raw vegetable pieces
<u>Olives, Ripe</u>	8 (large) olives = ¼ cup
<u>Pickles</u>	1/3 rd (large) pickle = ¼ cup
<u>Radishes</u>	7 small radishes = ¼ cup
<u>Tomatoes, Large/Extra Large</u>	4 slices, 1/8 th inch thick = ¼ cup
<u>Tomatoes, Small/Medium</u>	5 slices, 1/8 th inch thick = ¼ cup
<u>Tomatoes, Cherry</u>	3 tomatoes = about ¼ cup
<u>Breadfruit ('Ulu)</u>	¼ cup cooked; 1 breadfruit = ~2.6 lbs.
<u>Taro (Kalo)</u>	¼ cup peeled, diced, cooked
<u>Poi (processed Taro)</u>	¼ cup, straight from the bag (undiluted)

Serving Sizes:

See USDA Child Meal Patterns

Breakfast = ½ c (3-5 y & 6-12 y) (Vegetables, Fruits, or portions of Both)

Lunch = ¼ c (3-5 y) & ½ c (6-12 y)

Snack = ½ c (3-5 y) & ¾ c (6-12 y)



Hawaii Child Care Nutrition Program: Vegetable and Fruit Serving Size Chart

This chart is a snapshot of commonly used fruits that can be found in the FBG.

<u>FRUITS</u>	
<u>Apples</u>	¼ raw, unpeeled medium apple = about ¼ cup
<u>Bananas</u>	1 medium banana = ½ cup
<u>Blueberries</u>	¼ cup measure
<u>Strawberries</u>	¼ cup measure
<u>Cantaloupe</u>	1/10 th medium melon = about ¼ cup
<u>Grapes With Seeds</u>	6 grape halves = about ¼ cup
<u>Grapes Seedless</u>	7 grapes = about ¼ cup
<u>Nectarines</u>	1 small nectarine = about ½ cup; 1 medium nectarine = about ¾ cup
<u>Oranges</u>	1 medium orange = about ½ cup
<u>Peaches</u>	1 small peach = about 3/8 th cup; 1 medium peach = about 2/3 rd cup
<u>Pears</u>	1 medium pear = about ¾ cup
<u>Plums</u>	1 small plum = 3/8 th cup; 1 medium plum = ½ cup; 1 large plum = 5/8 th cup
<u>Raisins</u>	1.3 to 1.5 oz package = (1/4 cup) 1 lb. = 12.6 servings (¼ cup each)
<u>Tangerine</u>	1 medium tangerine = about 3/8 th cup; 1 large tangerine = ½ cup
<u>Watermelon</u>	¼ cup fruit or ¼ cup diced fruit without rind

Serving Sizes:

See USDA Child

Meal Patterns

Breakfast = ½ c (3-5 y & 6-12 y) (Vegetables, Fruits, or portions of Both)

Lunch = ¼ c (3-5 y) & ¼ c (6-12 y)

Snack = ½ c (3-5 y) & ¾ c (6-12 y)