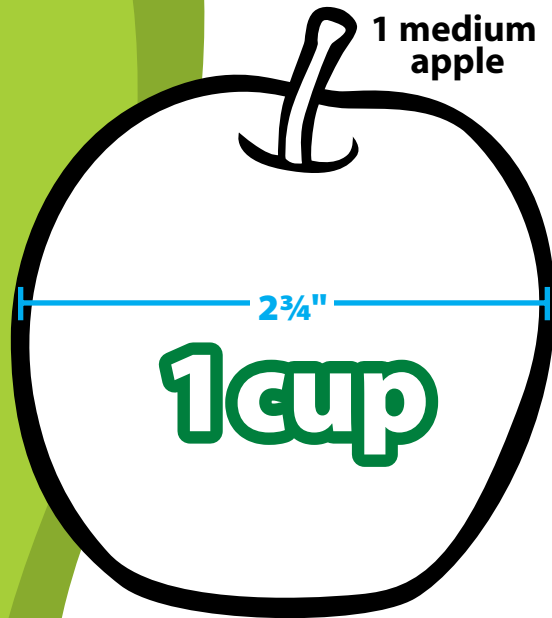


Fruit

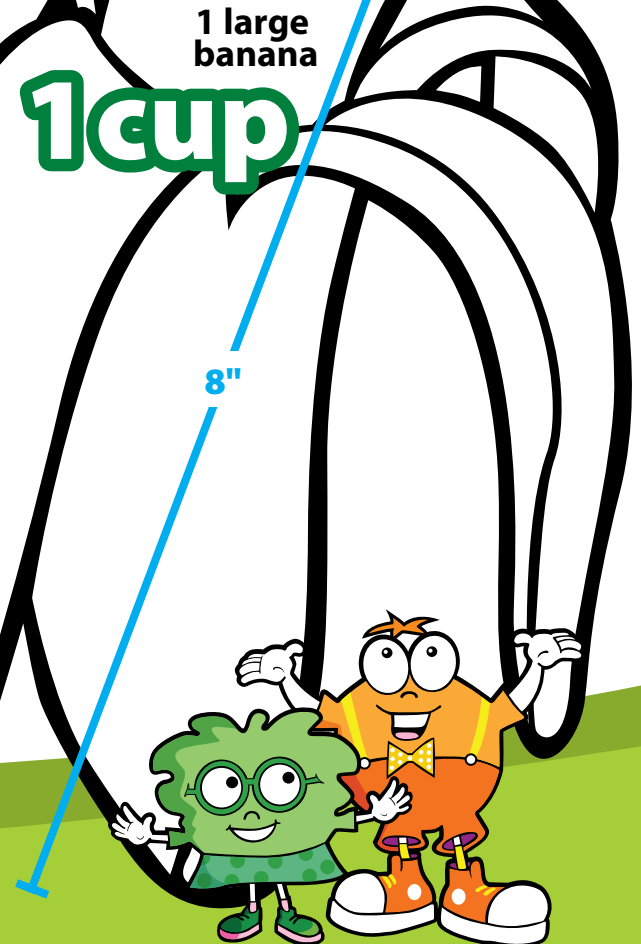
cup equivalents

What does 1 cup look like?

Fruits shown at actual size.



Hey kids!
Color the
fruit.



What about 1/2 cup?
That's just 1 cup
divided in 2!



fruits & veggies
**more
matters**™
fruitsandveggiesmorematters.org

