



Half cup Serving Sizes

Lettuce, Spinach – 1 cup

Carrots – 9 baby carrots

Celery – 6 – 3” sticks

Cherry Tomatoes – 5-6 pieces

Broccoli – 4-5 florets

Cauliflower – 4-5 florets

Cucumbers – 9 slices

Sweet pepper – 7 sticks

Fruit

Apple – ½ apple

Banana – 1 whole

Cuties/Clementines – 2

Cuties

Grapes – about 16

Kiwi – 2 whole Kiwi

Orange – 1 whole

Pear – 1 whole

Mix and Match for a colorful Meal!