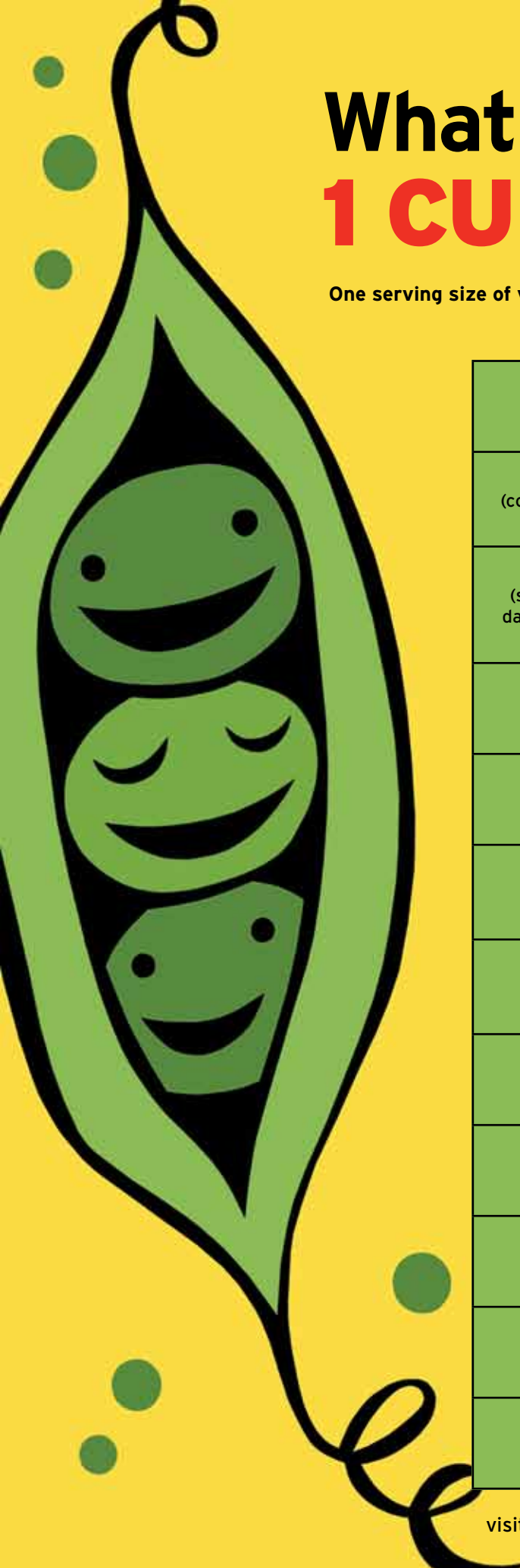


What counts as **1 CUP** of vegetables?

One serving size of vegetables = (ages 2-8) 1-1 1/2 cups • (ages 9-18) 2-3 cups



Broccoli	1 cup chopped or florets or 3 spears, 5" long; raw or cooked
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked 2 cups raw
Raw leafy greens (spinach, romaine, watercress, dark green leafy lettuce, endive, escarole)	2 cups raw
Carrots	1 cup strips, slices, or chopped; raw or cooked
Pumpkin	1 cup mashed
Tomatoes	1 large raw whole (3" dia.) or 1 cup chopped or sliced; raw, canned, or cooked
Sweet Potato	1 large baked (2 1/4" or more diameter) or 1 cup cooked, sliced or mashed
Winter Squash	1 cup cooked, cubed
Corn	1 cup
Cabbage	1 cup chopped or shredded, raw or cooked
Cucumbers	1 cup raw, sliced or chopped
Summer squash or zucchini	1 cup cooked, sliced or diced

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