

# Food Groups in Focus



## Fruit Group Focus on fruits

Age	Recommended Daily Amount* (cups)
2 to 3 years	1
4 to 8 years	1 to 1½
9 to 13 years	Female: 1½
	Male: 1½
14 to 18 years	Female: 1½
	Male: 2
19 to 30 years	Female: 2
	Male: 2
31 to 50 years	Female: 1½
	Male: 2
51+ years	Female: 1½
	Male: 2

\*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 fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup dried fruit can be considered 1 cup from the fruit group.

Food	What counts as 1 cup fruit?	Amount that counts as ½ cup fruit
Apple	<ul style="list-style-type: none"> <li>• ½ large (3 ¼-inch) apple</li> <li>• 1 small (2 ½-inch) apple</li> <li>• 1 cup sliced or chopped apple, raw or cooked</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup sliced or chopped apple, raw or cooked</li> </ul>
Applesauce	<ul style="list-style-type: none"> <li>• 1 cup applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• 1 (4-ounce) snack container applesauce</li> </ul>
Banana	<ul style="list-style-type: none"> <li>• 1 cup sliced banana</li> <li>• 1 large (8- to 9-inch banana)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small (less than 6-inch) banana</li> </ul>
Cantaloupe	<ul style="list-style-type: none"> <li>• 1 cup diced melon or melon balls</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium wedge melon (about ⅛ of a medium-size melon)</li> </ul>
Grapes	<ul style="list-style-type: none"> <li>• 1 cup whole or sliced grapes</li> <li>• 32 seedless grapes</li> </ul>	
Grapefruit	<ul style="list-style-type: none"> <li>• 1 medium (4-inch) grapefruit</li> <li>• 1 cup grapefruit sections</li> </ul>	<ul style="list-style-type: none"> <li>• ½ medium (4-inch) grapefruit</li> </ul>
Mixed fruit (fruit cocktail)	<ul style="list-style-type: none"> <li>• 1 cup diced or sliced fruit, raw or canned, drained</li> </ul>	<ul style="list-style-type: none"> <li>• 1 (4-ounce) snack container = ⅔ cup</li> </ul>
Orange	<ul style="list-style-type: none"> <li>• 1 large (3 ⅛-inch) orange</li> <li>• 1 cup orange sections</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small (2 ⅜-inch) orange</li> </ul>
Orange, mandarin	<ul style="list-style-type: none"> <li>• 1 cup canned mandarin orange slices, drained</li> </ul>	
Peach	<ul style="list-style-type: none"> <li>• 1 large (2 ¾-inch) peach</li> <li>• 1 cup sliced or diced peaches, raw, cooked or canned, drained</li> <li>• 2 halves canned peaches</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small (2 ⅜-inch) peach</li> <li>• 1 (4-ounce) snack container, drained = ⅔ cup</li> </ul>
Pear	<ul style="list-style-type: none"> <li>• 1 medium pear (about 2 ½ pears per pound)</li> <li>• 1 cup sliced or diced pear, raw, cooked or canned, drained</li> </ul>	<ul style="list-style-type: none"> <li>• 1 (4-ounce) snack container, drained = ⅔ cup</li> </ul>
Pineapple	<ul style="list-style-type: none"> <li>• 1 cup pineapple chunks, sliced or crushed, raw, cooked or canned, drained</li> </ul>	<ul style="list-style-type: none"> <li>• 1 (4-ounce) snack container, drained = ⅔ cup</li> </ul>
Plum	<ul style="list-style-type: none"> <li>• 1 cup sliced plums, raw or cooked</li> <li>• 3 medium or two large plums</li> </ul>	<ul style="list-style-type: none"> <li>• 1 large plum</li> </ul>
Strawberries	<ul style="list-style-type: none"> <li>• About 8 large strawberries</li> <li>• 1 cup whole, halved or sliced strawberries, fresh or frozen</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup whole, halved or sliced strawberries</li> </ul>
Watermelon	<ul style="list-style-type: none"> <li>• 1 small (1-inch thick) wedge watermelon</li> <li>• 1 cup diced watermelon or melon balls</li> </ul>	<ul style="list-style-type: none"> <li>• 6 melon balls</li> </ul>
Dried fruit (raisins, prunes, apricots)	<ul style="list-style-type: none"> <li>• ½ cup dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup dried fruit is equivalent to ½ cup whole fruit</li> <li>• 1 small (1 ½-ounce) box raisins</li> </ul>
100 percent fruit juice (orange, apple, grape, grapefruit, etc.)	<ul style="list-style-type: none"> <li>• 1 cup juice</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup juice</li> </ul>

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

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