

## How Many Vegetables Are Needed Daily or Weekly?

Vegetable choices should be selected from among the vegetable subgroups. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation.

The amount of vegetables you need to eat depends on your age, sex and level of physical activity. Recommended total daily amounts are shown in the first chart. Recommended weekly amounts from each vegetable subgroup are shown in the second chart.

Daily Recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1½ cups**
Girls	9-13 years old	2 cups**
	14-18 years old	2½ cups**
Boys	9-13 years old	2½ cups**
	14-18 years old	3 cups**
Women	19-30 years old	2½ cups**
	31-50 years old	2½ cups**
	51+ years old	2 cups**
Men	19-30 years old	3 cups**
	31-50 years old	3 cups**
	51+ years old	2½ cups**

\* These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

\*\* Look at the chart on page 2 to see what counts as a cup of vegetables.

Vegetable subgroup recommendations are given as amounts to eat WEEKLY. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation.

		Dark green vegetables	Orange vegetables	Dry beans and peas	Starchy vegetables	Other vegetables
AMOUNT PER WEEK*						
Children	2-3 years old	1 cup	½ cup	½ cup	1½ cups	4 cups
	4-8 years old	1½ cups	1 cup	1 cup	2½ cups	4½ cups
Girls	9-13 years old	2 cups	1½ cups	2½ cups	2½ cups	5½ cups
	14-18 years old	3 cups	2 cups	3 cups	3 cups	6½ cups
Boys	9-13 years old	3 cups	2 cups	3 cups	3 cups	6½ cups
	14-18 years old	3 cups	2 cups	3 cups	6 cups	7 cups

\* Look at the chart on page 2 to see what counts as a cup of vegetables.

		Dark green vegetables	Orange vegetables	Dry beans and peas	Starchy vegetables	Other vegetables
		AMOUNT PER WEEK*				
Women	19-30 years old	3 cups	2 cups	3 cups	3 cups	6½ cups
	31-50 years old	3 cups	2 cups	3 cups	3 cups	6½ cups
	51+ years old	2 cups	1½ cups	2½ cups	2½ cups	5½ cups
Men	19-30 years old	3 cups	2 cups	3 cups	6 cups	7 cups
	31-50 years old	3 cups	2 cups	3 cups	6 cups	7 cups
	51+ years old	3 cups	2 cups	3 cups	3 cups	6½ cups

\*Look at the chart on page 2 to see what counts as a cup of vegetables.

## What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. The chart lists specific amounts count as 1 cup of vegetables (in some cases equivalents for ½ cup are also shown) towards your recommended intake:

	Amount that counts as 1 cup of vegetables	Amount that counts as ½ cup of vegetables
<b>Dark-Green Vegetables</b>		
Broccoli	1 cup chopped or florets	
	3 spears 5" long, raw or cooked	
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked	
Spinach	1 cup, cooked	
	2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to ½ cup of vegetables
Raw leafy greens: spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to ½ cup of vegetables
<b>Orange Vegetables</b>		
Carrots	1 cup strips, slices, or chopped, raw or cooked	
	2 medium	1 medium carrot
	1 cup baby carrots (about 12)	About 6 baby carrots
Pumpkin	1 cup mashed, cooked	
Sweet potato	1 large baked (2¼" or more diameter)	
	1 cup sliced or mashed, cooked	
Winter squash (acorn, butternut, hubbard)	1 cup cubed, cooked	½ acorn squash, baked = ¾ cup

	Amount that counts as 1 cup of vegetables	Amount that counts as ½ cup of vegetables
<b>Dry Beans and Peas</b>		
Dry beans and peas (Such as black, garbanzo, kidney, pinto, or soy beans, or black-eyed peas or split peas)	1 cup whole or mashed, cooked	
Tofu	1 cup ½" cubes (about 8 ounces)	1 piece 2½" x 2¾" x 1" (about 4 ounces)
<b>Starchy Vegetables</b>		
Corn, yellow or white	1 cup	
	1 large ear (8" to 9" long)	1 small ear (about 6" long)
Green peas	1 cup	
White potatoes	1 cup diced, mashed	
	1 medium boiled or baked potato (2½" to 3" diameter)	
	French fried: 20 medium to long strips (2½" to 4" long)	
<b>Other Vegetables</b>		
Bean sprouts	1 cup cooked	
Cabbage, green	1 cup chopped or shredded, raw or cooked	
Cauliflower	1 cup pieces or florets, raw or cooked	
Celery	1 cup diced or sliced, raw or cooked	
	2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped	
Green or wax beans	1 cup cooked	
Green or red peppers	1 cup chopped, raw or cooked	
	1 large pepper (3" diameter, 3¾" long)	1 small pepper
Lettuce, iceberg or head	2 cups raw, shredded or chopped = equivalent to 1 cup of vegetables	1 cup raw, shredded or chopped = equivalent to ½ cup of vegetables
Mushrooms	1 cup raw or cooked	
Onions	1 cup chopped, raw or cooked	
Tomatoes	1 large raw whole (3")	1 small raw whole (2¼")
	1 cup chopped or sliced, raw, canned, or cooked	1 medium canned
Tomato or mixed vegetable juice	1 cup	½ cup
Summer squash or zucchini	1 cup cooked, sliced or diced	

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