

Portion Size Visual Guide: Vegetables

A visual training tool for estimating portion quantities on cafeteria trays from self-serve bars and determining compliance at point-of-service under offer versus serve. Please refer to the Food Buying Guide for exact crediting information.



[Baby Carrots](#)



[Baked Beans](#)



[Black Beans](#)



[Broccoli](#)



[Cauliflower](#)



[Celery](#)



[Cherry Tomatoes](#)



[Corn](#)



[Cucumber Slices](#)



[Diced Tomato](#)



[Garbanzo Beans](#)



[Green Beans](#)



[Jicama Sticks](#)



[Mixed Vegetables](#)



[Peas](#)



[Slice Bell Peppers](#)



[Sugar Snap Peas](#)

NOTE: Printing in actual size is important for retaining the true portion sizes. Be sure to select "Actual Size" when printing.

Baby Carrots



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Baked Beans



1/4 cup



1/2 cup 3/4 cup

Black Beans



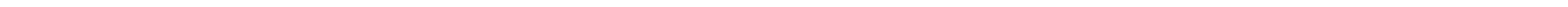
1/4 cup



1/2 cup



3/4 cup



Broccoli



1/4 cup



1/2 cup



3/4 cup

Cauliflower



1/4 cup



1/2 cup



3/4 cup

Celery



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Cherry Tomatoes



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Corn



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Cucumber Slices



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Diced Tomato



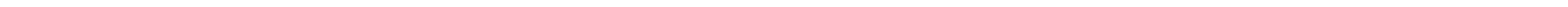
1/4 cup



1/2 cup



3/4 cup



Garbanzo Beans



1/4 cup



1/2 cup



3/4 cup

Green Beans



1/4 cup



1/2 cup



3/4 cup

Jicama Sticks



¼ cup



½ cup



¾ cup

Mixed Vegetables



1/4 cup



1/2 cup



3/4 cup



Peas



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Sliced Bell Peppers



¼ cup



½ cup



¾ cup



Sugar Snap Peas



¼ cup



½ cup



¾ cup
