

Visual Portion Size Guide: Fruit

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.



Apple Slices



Blueberries



Fruit Cocktail



Grapes



Kiwi



Mandarin Oranges



Melon



Orange Smiles



Sliced Peaches



Diced Peaches



Sliced Pears



Diced Pears



Pineapple



Strawberries

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

Sliced Apples



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Blueberries



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Fruit Cocktail



1/4 cup



1/2 cup



3/4 cup

Grapes



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Kiwi



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Mandarin Oranges



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Melon



1/4 cup



1/2 cup



3/4 cup



Sliced Peaches



¼ cup



½ cup



¾ cup

Diced Peaches



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Orange Smiles



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Sliced Pears



1/4 cup

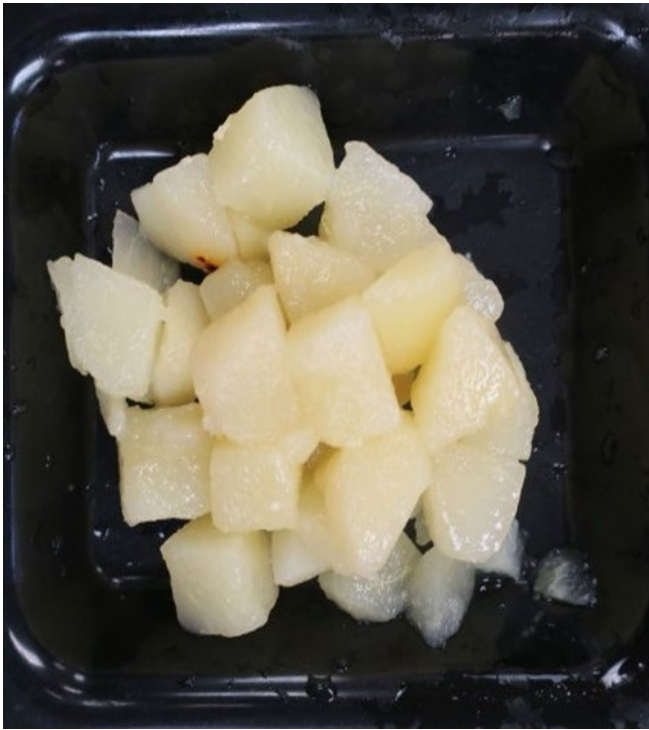


1/2 cup



3/4 cup

Diced Pears



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Pineapple



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup

Strawberries



$\frac{1}{4}$ cup



$\frac{1}{2}$ cup



$\frac{3}{4}$ cup
