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
- Dice Tomatoes
- 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

¼ cup   ½ cup   ¾ cup
Baked Beans

¼ cup  ½ cup  ¾ cup
Black Beans

¼ cup ½ cup ¾ cup
Broccoli

¼ cup

½ cup

¾ cup
Cauliflower

¼ cup  ½ cup  ¾ cup
Celery

¼ cup ½ cup ¾ cup
Corn

¼ cup ½ cup ¾ cup
Cucumber Slices

¼ cup ½ cup ¾ cup
Diced Tomato

¾ cup

½ cup

¾ cup
Garbanzo Beans

¼ cup ½ cup ¾ cup
Green Beans

¼ cup ½ cup ¾ cup
Jicama Sticks

\[ \frac{1}{4} \text{ cup} \quad \frac{1}{2} \text{ cup} \quad \frac{3}{4} \text{ cup} \]
Mixed Vegetables

¼ cup  ½ cup  ¾ cup
Peas

¼ cup ½ cup ¾ cup
Sliced Bell Peppers

¼ cup ½ cup ¾ cup
Sugar Snap Peas

¼ cup ½ cup ¾ cup