

HOW MUCH IS EQUAL TO 1/2 CUP?

1 Whole Apple



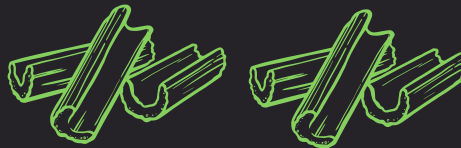
Broccoli: 5 Florets



Carrots: 6 Sticks



Celery: 6 Sticks



Cucumber: 4 Slices



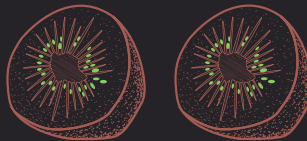
Grapes: 14



Jicama: 5 Sticks



Kiwi: 2 Halves or
1 Whole Kiwi



Lettuce: 1 Cup



Mandarins: 2 Small Mandarins



Oranges: 6 Wedges or
1 Whole Orange

