

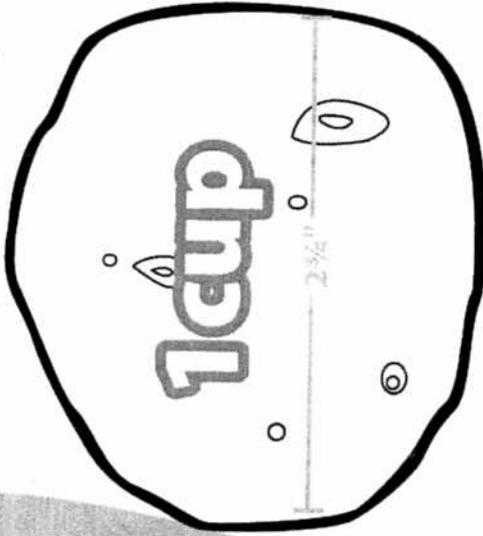
Vegetables

cup equivalents

What does 1 cup look like?

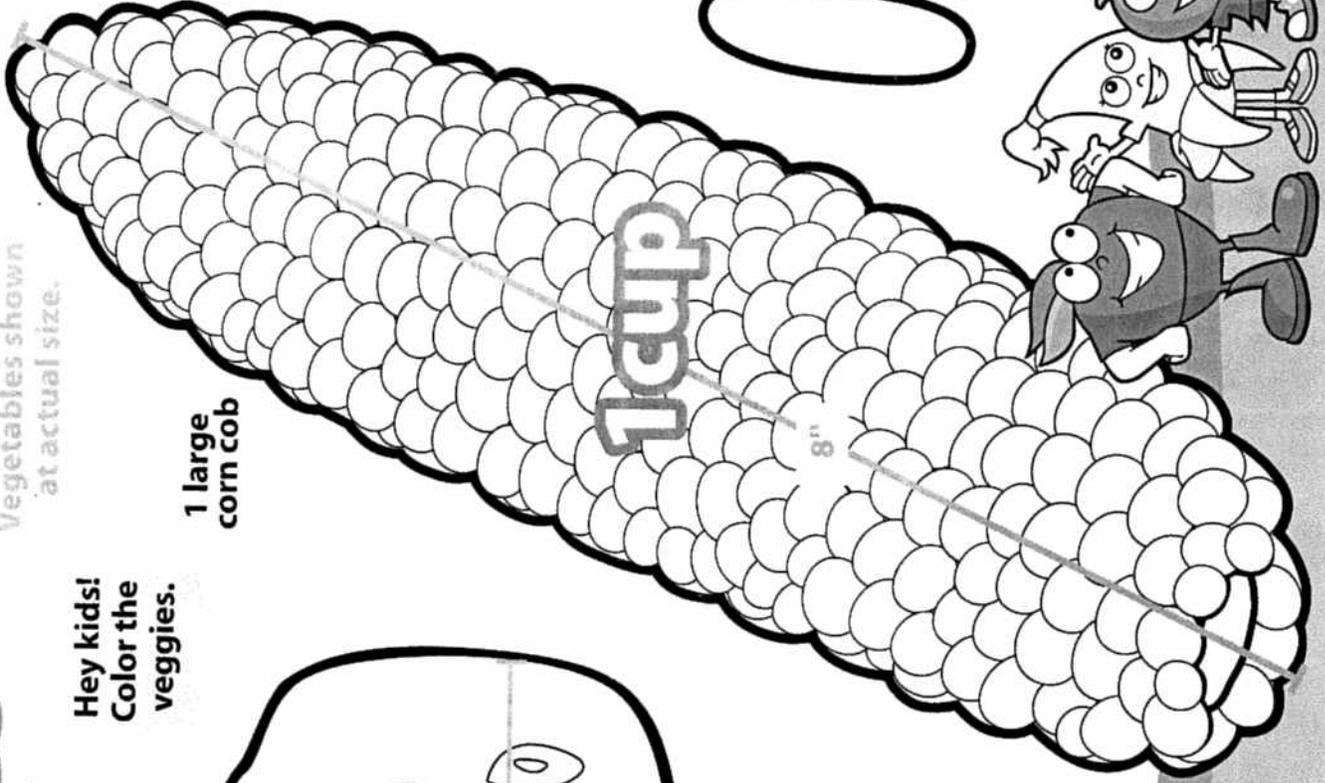
Hey kids!
Color the
veggies.

1 small potato

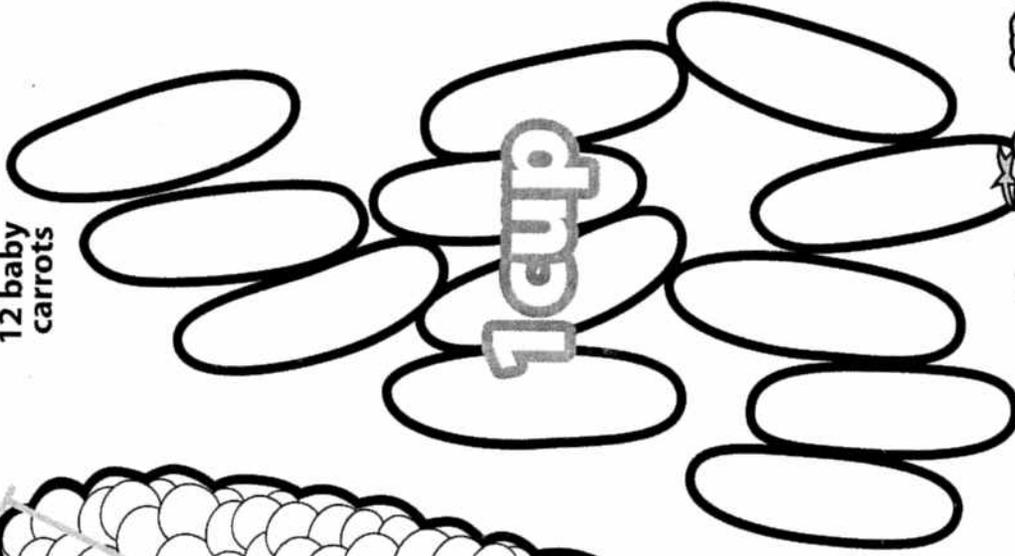


Vegetables shown
at actual size.

1 large
corn cob



12 baby
carrots



What about 1/2 cup?
That's just 1 cup
divided in 2!

fruits & veggies

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