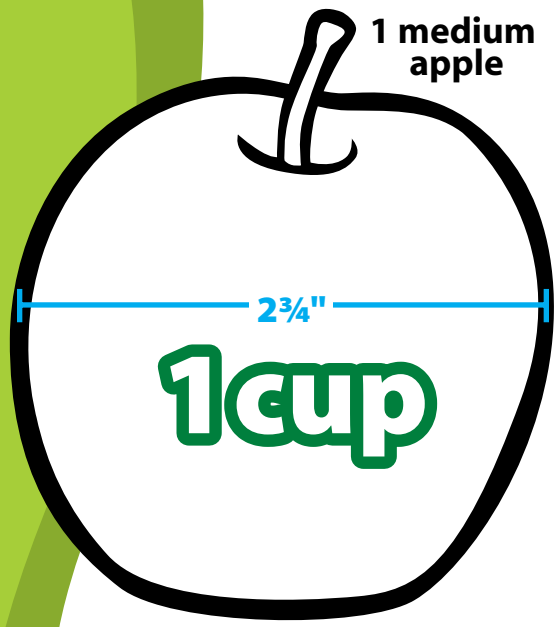
# Fruit

cup equivalents

## What does 1 cup look like?

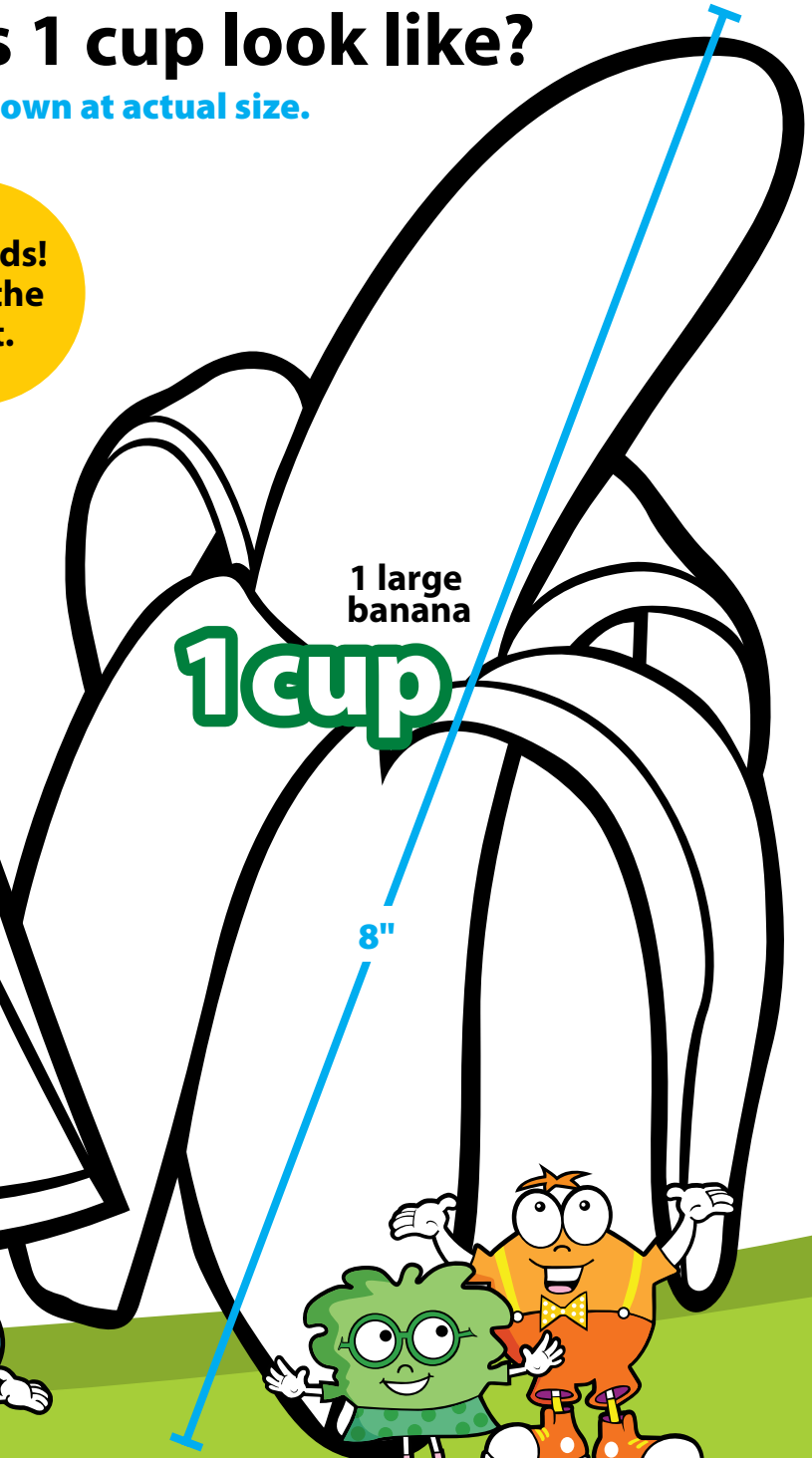
Fruits shown at actual size.

Hey kids! Color the fruit.




1 medium apple

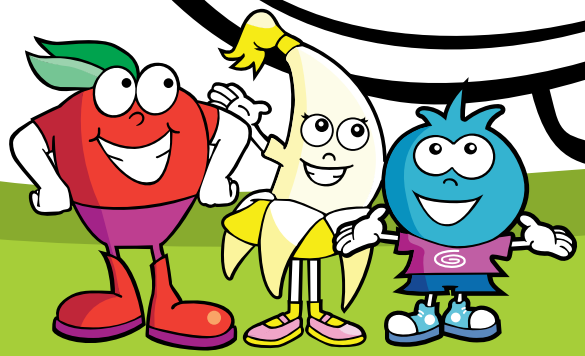
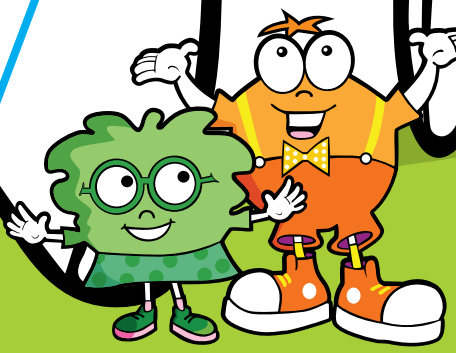
⅛ cantaloupe (1 slice)




1 large banana

What about ½ cup?

That's just 1 cup divided in 2!

fruits & veggies more matters™

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