



What foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, [beans and peas](#), and other vegetables.



How many vegetables are needed?

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. Recommended total daily amounts and recommended weekly amounts from each vegetable subgroup are shown in the two tables below.

Note: Click on the top row to expand the table. If you are on a mobile device, you may need to turn your phone to see the full table.

DAILY VEGETABLE TABLE		
DAILY RECOMMENDATION*		
Children	2-3 years old	1 cup
	4-8 years old	1 ½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2 ½ cups
Boys	9-13 years old	2 ½ cups
	14-18 years old	3 cups
Women	19-30 years old	2 ½ cups
	31-50 years old	2 ½ cups
	51+ years old	2 cups

DAILY VEGETABLE TABLE -		
DAILY RECOMMENDATION*		
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2 ½ cups

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Vegetable subgroup recommendations are given as amounts to eat WEEKLY. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation.

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Swipe to see the full table. false

WEEKLY VEGETABLE SUBGROUP TABLE -						
	DARK GREEN VEGETABLES	RED AND ORANGE VEGETABLES	BEANS AND PEAS	STARCHY VEGETABLES	OTHER VEGETABLES	
	AMOUNT PER WEEK					
Children						
	2-3 yrs old	½ cup	2 ½ cups	½ cup	2 cups	1 ½ cups
	4-8 yrs old	1 cup	3 cups	½ cup	3 ½ cups	2 ½ cups
Girls						
	9-13 yrs old	1 ½ cups	4 cups	1 cup	4 cups	3 ½ cups
	14-18 yrs old	1 ½ cups	5 ½ cups	1 ½ cups	5 cups	4 cups
Boys						
	9-13 yrs old	1 ½ cups	5 ½ cups	1 ½ cups	5 cups	4 cups
	14-18 yrs old	2 cups	6 cups	2 cups	6 cups	5 cups

WEEKLY VEGETABLE SUBGROUP TABLE					
	DARK GREEN VEGETABLES	RED AND ORANGE VEGETABLES	BEANS AND PEAS	STARCHY VEGETABLES	OTHER VEGETABLES
AMOUNT PER WEEK					
Women					
19-30 yrs old	1 ½ cups	5 ½ cups	1 ½ cups	5 cups	4 cups
31-50 yrs old	1 ½ cups	5 ½ cups	1 ½ cups	5 cups	4 cups
51+ yrs old	1 ½ cups	4 cups	1 cup	4 cups	3 ½ cups
Men					
19-30 yrs old	2 cups	6 cups	2 cups	6 cups	5 cups
31-50 yrs old	2 cups	6 cups	2 cups	6 cups	5 cups
51+ yrs old	1 ½ cups	5 ½ cups	1 ½ cups	5 cups	4 cups

What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group. The table below lists specific amounts that count as 1 cup of vegetables (in some cases equivalents for ½ cup are also shown) towards your recommended intake.

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Swipe to see the full table. false

CUP OF VEGETABLE TABLE		
	AMOUNT THAT COUNTS AS 1 CUP OF VEGETABLE	AMOUNT THAT COUNTS AS 1/2 CUP OF VEGETABLES
Dark Green Vegetables		
Broccoli	1 cup, chopped or florets 3 spears 5" long raw or cooked	

CUP OF VEGETABLE TABLE



	AMOUNT THAT COUNTS AS 1 CUP OF VEGETABLE	AMOUNT THAT COUNTS AS 1/2 CUP OF VEGETABLES
Greens (collards, mustard greens, turnip greens, kale)	1 cup, cooked	
Spinach	1 cup, cooked 2 cups, raw	1 cup, raw
Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups, raw	1 cup, raw
Red and Orange Vegetables		
Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)	1 medium carrot About 6 baby carrots
Pumpkin	1 cup, mashed, cooked	
Red peppers	1 cup, chopped, raw, or cooked 1 large pepper (3" diameter, 3 3/4" long)	1 small pepper
Tomatoes	1 large raw whole (3") 1 cup, chopped or sliced, raw, canned, or cooked	1 small raw whole (2 1/4" diameter) 1 medium canned
Tomato juice	1 cup	1/2 cup
Sweet potato	1 large baked (2 1/4" or more diameter) 1 cup, sliced or mashed, cooked	
Winter squash (acorn, butternut, hubbard)	1 cup, cubed, cooked	1/2 acorn squash, baked = 3/4 cup
Beans and Peas		

CUP OF VEGETABLE TABLE



	AMOUNT THAT COUNTS AS 1 CUP OF VEGETABLE	AMOUNT THAT COUNTS AS 1/2 CUP OF VEGETABLES
Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or black-eyed peas or split peas)	1 cup, whole or mashed, cooked	
Starchy Vegetables		
Corn, yellow or white	1 cup 1 large ear (8" to 9" long)	1 small ear (about 6" long)
Green peas	1 cup	
White potatoes	1 cup, diced, mashed 1 medium boiled or baked potato (2 ½" to 3" diameter)	
	AMOUNT THAT COUNTS AS 1 CUP OF VEGETABLES	AMOUNT THAT COUNTS AS 1/2 CUP OF VEGETABLES
Other Vegetables		
Bean sprouts	1 cup, cooked	
Cabbage, green	1 cup, chopped or shredded raw or cooked	
Cauliflower	1 cup, pieces or florets raw or cooked	
Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
Cucumbers	1 cup, raw, sliced or chopped	
Green or wax beans	1 cup, cooked	
Green peppers	1 cup, chopped, raw or cooked 1 large pepper (3" diameter, 3 ¾" long)	1 small pepper

CUP OF VEGETABLE TABLE



	AMOUNT THAT COUNTS AS 1 CUP OF VEGETABLE	AMOUNT THAT COUNTS AS 1/2 CUP OF VEGETABLES
Lettuce, iceberg or head	2 cups, raw, shredded or chopped	1 cup, raw, shredded or chopped
Mushrooms	1 cup, raw or cooked	
Onions	1 cup, chopped, raw or cooked	
Summer squash or zucchini	1 cup, cooked, sliced or diced	

Last Updated: Apr 5, 2017