

## Visual Portion Size Guide: Fruit

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.



Apple Slices



Grapes



Kiwi



Mandarin Oranges



Melon



Sliced Peaches



Sliced Pears



Pineapple



Strawberries

NOTE: Printing in actual size is important for retaining the true portion sizes. Be sure to select "Actual Size" when printing.

# Apple Slices



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup

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# Grapes



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup

---

# Kiwi



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup

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# Mandarin Oranges



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup

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# Melon



1/4 cup



1/2 cup



3/4 cup



# Sliced Peaches



¼ cup



½ cup



¾ cup



# Sliced Pears



1/4 cup



1/2 cup



3/4 cup



# Pineapple



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup

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# Strawberries



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup

