

## Portion Size Visual Guide: Vegetables

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.



[Baby Carrots](#)



[Black Beans](#)



[Broccoli](#)



[Cauliflower](#)



[Celery](#)



[Cherry Tomatoes](#)



[Corn](#)



[Cucumber Slices](#)



[Diced Tomato](#)



[Garbanzo Beans](#)



[Jicama Sticks](#)



[Slice Bell Peppers](#)



[Sugar Snap Peas](#)

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

## Baby Carrots



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup

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# Black Beans



1/4 cup



1/2 cup



3/4 cup



# Broccoli



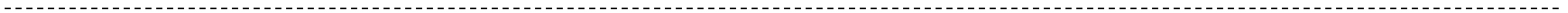
$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup



# Cauliflower



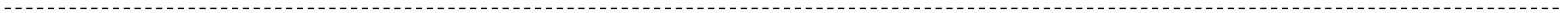
1/4 cup



1/2 cup



3/4 cup



# Celery



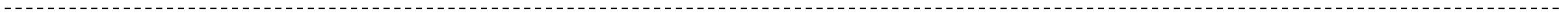
$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup



# Cherry Tomatoes



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup

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# Corn



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup



## Cucumber Slices



$\frac{1}{4}$  cup



$\frac{1}{2}$  cup



$\frac{3}{4}$  cup

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# Diced Tomato



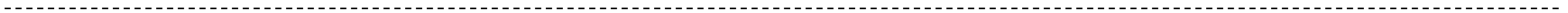
1/4 cup



1/2 cup



3/4 cup



# Garbanzo Beans



¼ cup



½ cup



¾ cup



# Jicama Sticks



¼ cup



½ cup



¾ cup



# Sliced Bell Peppers



1/4 cup



1/2 cup



3/4 cup



# Sugar Snap Peas



¼ cup



½ cup



¾ cup

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