



## Fruit Requirement

7 servings

INGREDIENTS	QUANTITY (per box)	SERVING SIZE	USEFUL TIPS
Applesauce	3.5 cups	0.5 cups	1 #10 can = 12 cups
Blueberries	3.5 cups	0.5 cups	1 pint = 2 2/3 cup
Cantaloupe (medium size)	3.5 cups	0.5 cups	1 melon = about 14oz or about 10 servings
Cherries (with pits)	3.5 cups	0.5 cups	14 cherries = about 0.5 cups or 1 serving
Cranberries (dried)	1.75 cups	0.25 cups	1lb dried cranberries = 3 3/8 cups
Dates (dried + pitted)	1.75 cups	0.25 cups	1 lb dried dates = 2.75 cups
Grapes	3.5 cups	0.5 cups	14 grapes = about 0.5 cups or 1 serving
Grapefruit	3.5 cups	0.5 cups	1/2 Grapefruit = about 0.5 cups or 1 serving
Pineapple	3.5 cups	0.5 cups	Pineapples weigh 2 lbs on average = about 4.5 servings
Raisins	1.75 cups	0.25 cups	1 lb raisins= 3 1/8 cups
Strawberries	3.5 cups	0.5 cups	1 pint = 0.66 lb
Watermelon	3.5 cups	0.5 cups	1 lb Watermelon= about 1.5 cups



## Vegetable Requirement

7 servings

<b>INGREDIENTS</b>	<b>QUANTITY (per box)</b>
Avocado	1.7 lbs
Bell peppers, mixed wt	1.5 lbs
Broccoli	1.5 lbs
Butternut squash	2 lbs
Carrots, whole	1.5 lbs
Cauliflower	1 medium head
Celery	1.25 lbs or small bunch
Potatoes	1.75 lbs
Salad Mix	1.25 lbs
Sweet Potatoes	2.25 lbs
Yellow Squash, fresh	1.25 lbs
Zucchini, fresh	1.25 lbs