



USDA/FNS Recommended Individual Fruit Serving Sizes

(Check with health care professional regarding recommended serving sizes, any processing requirements, and appropriateness of the fruit for each individual supported.)



Fresh Fruit		Cup	Weight
APPLES 1 medium (no stem, no seeds, no core) BANANAS ½ large (peeled) HONEYDEW MELON 1 slice (no seeds, no rind) CANTALOUPE 1 slice (no seeds, no rind) WATERMELON 1 slice (no seeds, no rind) ORANGES 1 medium (no seeds, no peel) KIWI 2 large (no skin) PEACHES 1 large (no stem, no pit) PEARS 1 medium (no stem, no seeds, no core) PLUMS 2 large (no stem, no pit) GRAPES (no stem, no seeds) (check with health care professional about appropriateness of grapes for the individual)		1 (sliced or cubed)	4.5 oz.
		1 (sliced)	5.5 oz.
		¾ (cubed)	4.5 oz.
		1 (cubed)	4.7 oz.
		1 (cubed)	5.5 oz.
		1 (sliced)	4.5 oz.
		1 (sliced)	5.0 oz.
		1 (sliced)	4.8 oz.
		1 (sliced)	5.5 oz.
		1 (sliced)	5.0 oz.
		¾	4.2 oz.
Canned Fruit (drained of any liquid)		Cup	Weight
PEACHES		¾	4.0 oz.
PEARS		¾	4.0 oz.
MANDARIN ORANGES		¾	4.0 oz.
FRUIT COCKTAIL		¾	4.0 oz.
APPLESAUCE (usually at store in a jar or plastic cup)		1	4.0 oz.
PINEAPPLE		⅔	4.0 oz.