Visual Portion Size Guide: Fruit

This handout is a visual tool to help estimate portion sizes. Refer to the CACFP Meal Pattern or the chart below for required minimum serving sizes. Print this document in actual size to retain true portion sizes. Select “Actual Size” when printing.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Breakfast</th>
<th>Lunch/Supper</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Slices</td>
<td>¼ cup</td>
<td>1/8 cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Blueberries</td>
<td>½ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruit Cocktail</td>
<td>½ cup</td>
<td>¼ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Grapes</td>
<td>½ cup</td>
<td>¼ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Kiwi</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Mandarin Oranges</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Melon</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

Required Minimum Serving Sizes of Fruit

This resource was adapted from the Minnesota Department of Education
Blueberries

¼ cup

½ cup

¾ cup
Fruit Cocktail

¼ cup  ½ cup  ¾ cup
Grapes

¼ cup  ½ cup  ¾ cup
Kiwi

\[ \frac{1}{4} \text{ cup} \quad \frac{1}{2} \text{ cup} \quad \frac{3}{4} \text{ cup} \]
Mandarin Oranges

¼ cup

½ cup

¾ cup
Melon

- ¼ cup
- ½ cup
- ¾ cup
Orange Smiles

¼ cup

½ cup

¾ cup
Diced Peaches

\[
\frac{1}{4} \text{ cup} \quad \frac{1}{2} \text{ cup} \quad \frac{3}{4} \text{ cup}
\]
<table>
<thead>
<tr>
<th>Banana Slices</th>
<th>¼ cup</th>
<th>½ cup</th>
<th>¾ cup</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Banana Slices" /></td>
<td><img src="image2" alt="Banana Slices" /></td>
<td><img src="image3" alt="Banana Slices" /></td>
<td></td>
</tr>
</tbody>
</table>
Pineapple

¼ cup

½ cup

¾ cup
Strawberries

¼ cup

½ cup

¾ cup