

# Vegetables

cup equivalents

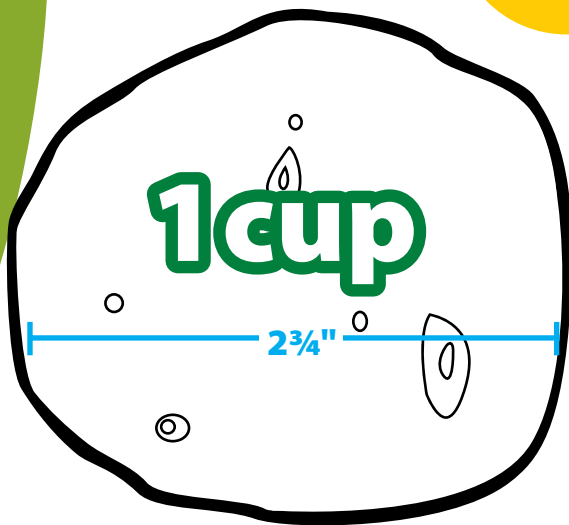
## What does 1 cup look like?

Vegetables shown at actual size.

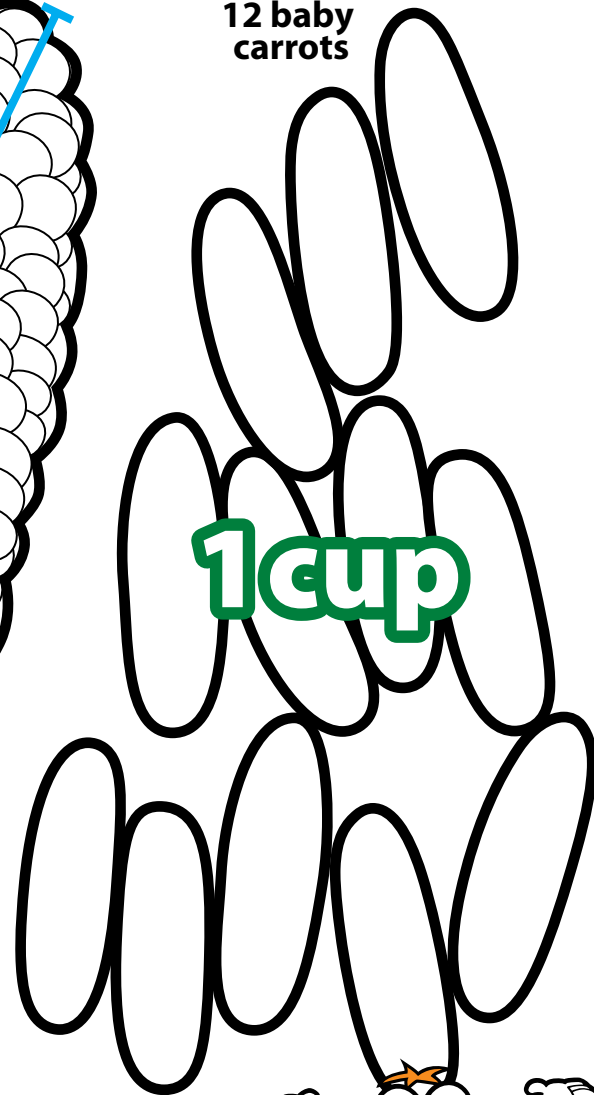
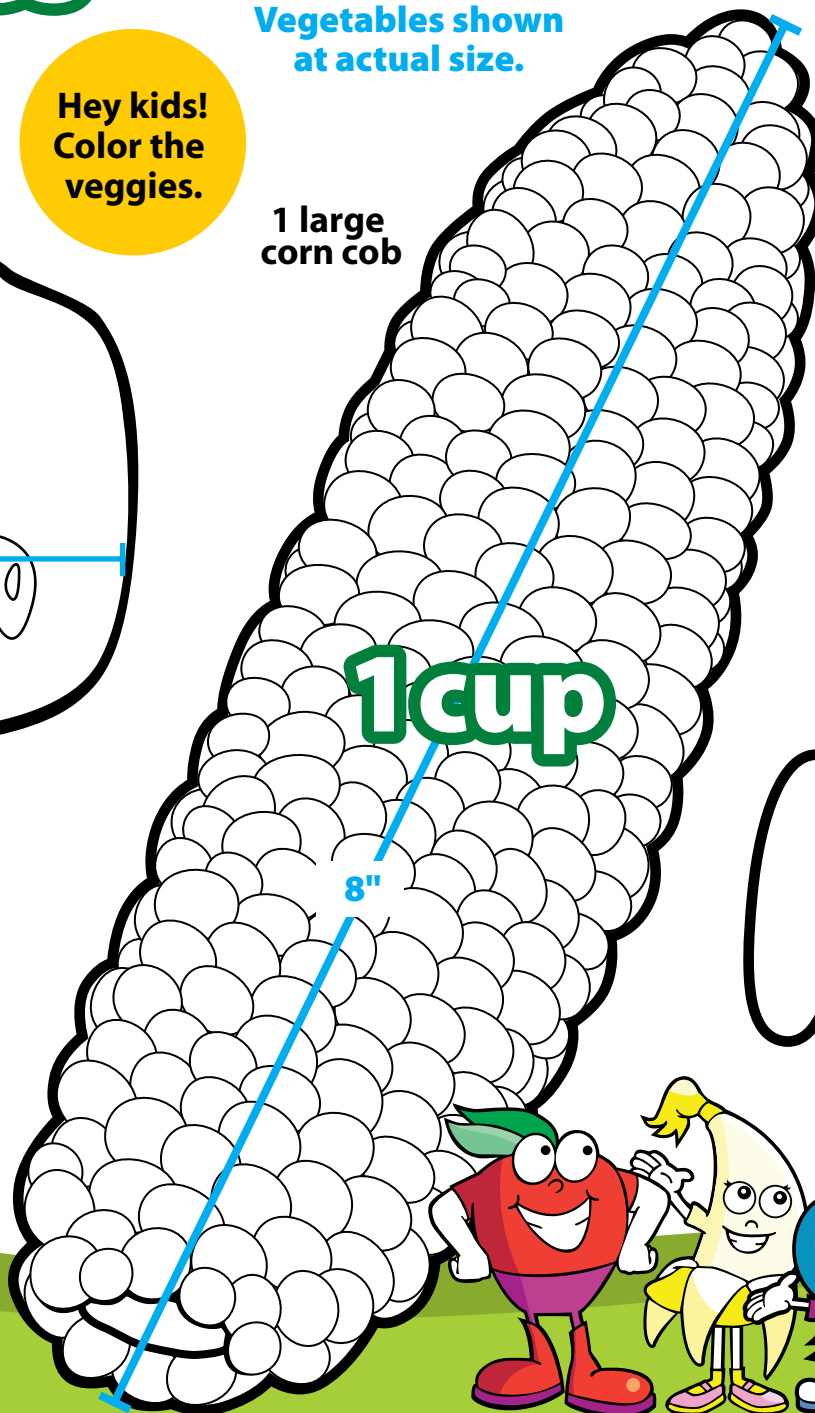
12 baby carrots

Hey kids!  
Color the  
veggies.

1 small potato



1 large  
corn cob



What about 1/2 cup?

That's just 1 cup  
divided in 2!



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