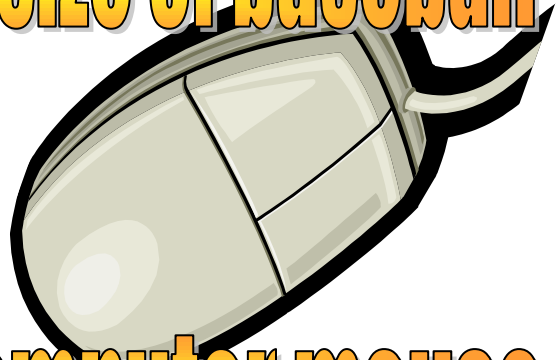
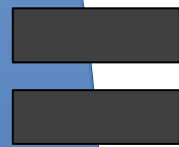


# What is 1 cup of Vegetables?!

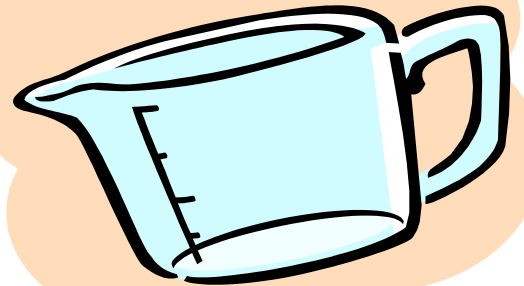
*Eat 2 cups  
everyday!*



1 cup of lettuce = size of baseball



1 baked potato = size of computer mouse



12 baby carrots = 1 cup



1 cup of broccoli florets = size of a woman's fist