

# Vegetables

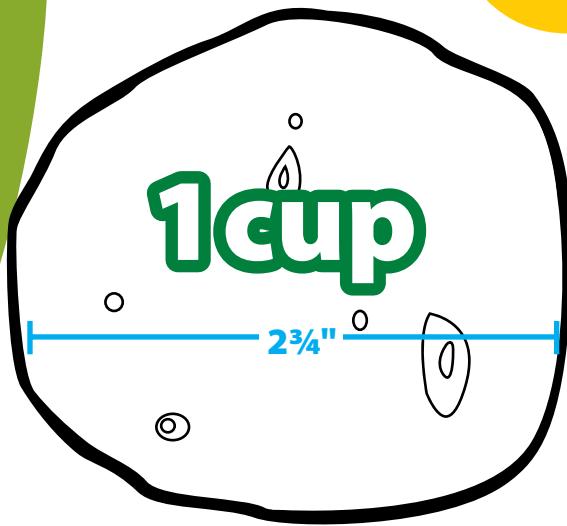
cup equivalents

## What does 1 cup look like?

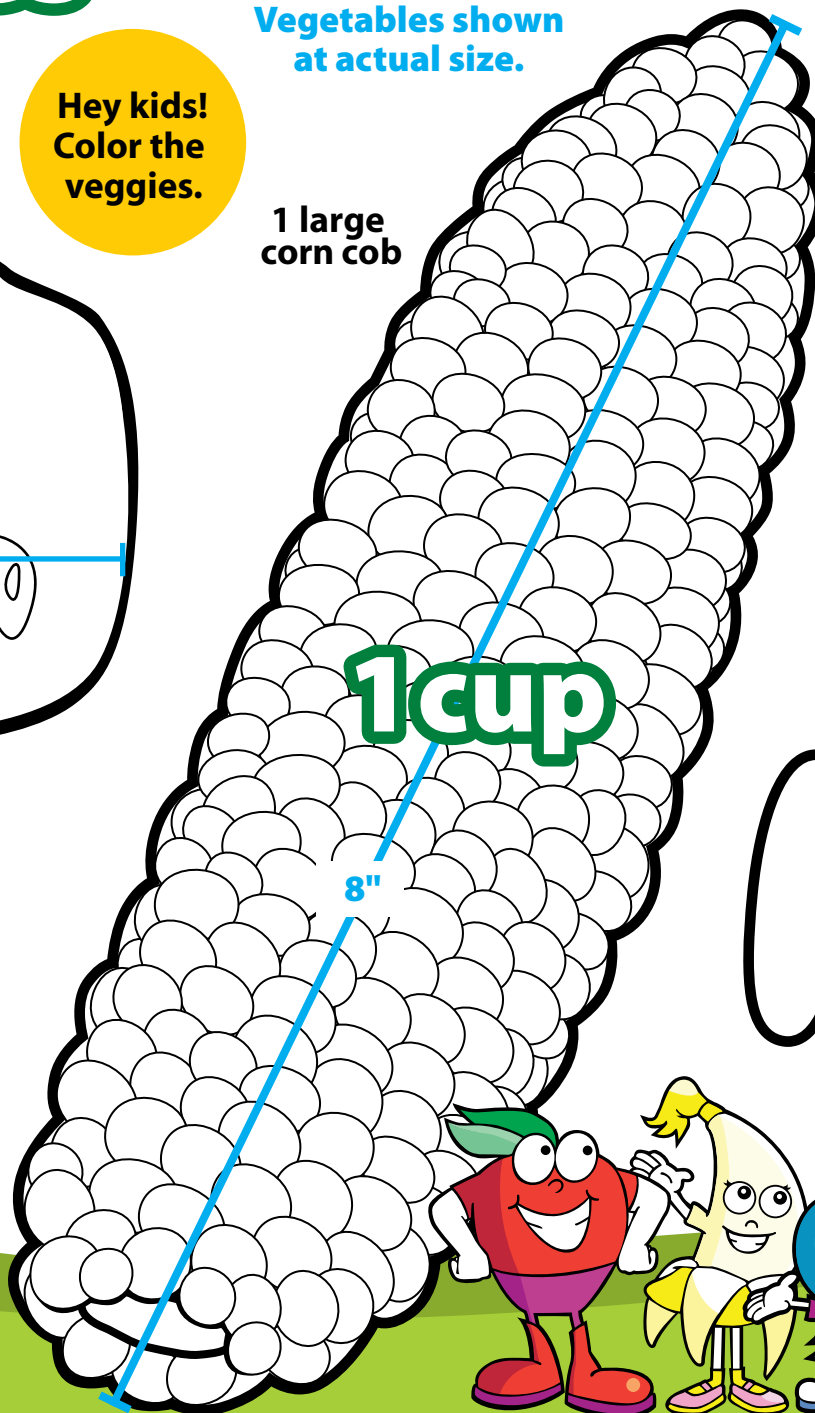
Vegetables shown at actual size.

Hey kids!  
Color the  
veggies.

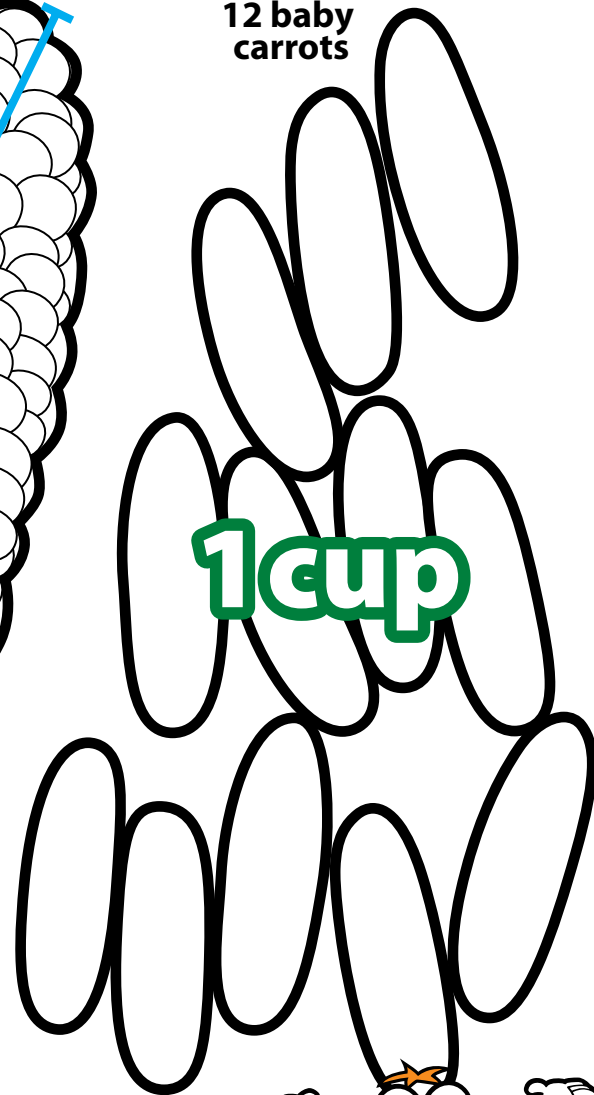
1 small potato



1 large  
corn cob



12 baby  
carrots



What about 1/2 cup?  
That's just 1 cup  
divided in 2!



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