



TIP OF THE WEEK

What Counts as a Cup?



1 large orange



1 medium pear



1 small wedge
watermelon



2 large or 3 medium
plums



8 large strawberries



1 large bell pepper



1 medium potato



2 large stalks of celery



1 cup cooked greens or 2
cups raw (spinach,
collards, mustard greens,
turnip greens)