



CATEGORY	FDA Serving (Nutrition Label Facts) <small>*Serving size may vary based on product and category, read product label for accuracy</small>	USDA MyPlate <small>*Amount that counts as one cup fruit</small>
100% Fruit Juices	8 fl oz (240mL)	1 cup
Applesauce Unsweetened Sweetened	1/2 cup (126g) 1/2 cup (130g)	1 cup 1 cup
Dehydrated (dried) Fruit Large Pieces	Typically ranges from 1oz (28g) to 1.5oz (40g)	1/2 cup