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| **Supplemental Table 7. Food frequency questionnaire fruit and vegetable serving sizes.**  |
| Fruits |  |   |
|  | Raisins | 1 oz or small pack |
|  | Grapes | 1/2 cup |
|  | Avocado | 1/2 fruit or 1/2 cup |
|  | Banana | 1 |
|  | Cantaloupe | 1/4 melon |
|  | Watermelon | 1 slice |
|  | Apples  | 1 |
|  | Pears | 1 |
|  | Peaches, apricots or plums | 1 fresh, or 1/2 cup canned |
|  | Strawberries | 1/2 cup fresh, frozen or canned  |
|  | Blueberries | 1/2 cup fresh, frozen or canned  |
|  | Prunes | 6 dried or 1/4 cup canned  |
|  | Oranges | 1 |
|  | Grapefruit  | 1/2 |
|  | Grapefruit juice | Small glass |
|  |  |  |
| Vegetables |   |
|  | String beans  | 1/2 cup |
|  | Broccoli | 1/2 cup |
|  | Raw cabbage or coleslaw  | 1/2 cup |
|  | Cooked cabbage or sauerkraut | 1/2 cup |
|  | Cauliflower  | 1/2 cup |
|  | Brussels sprouts  | 1/2 cup |
|  | Raw carrots | 1/2 carrot or 2-4 sticks |
|  | Cooked carrots | 1/2 cup |
|  | Carrot juice | 2-3 oz |
|  | Corn  | 1 ear or 1/2 cup frozen or canned |
|  | Peas or lima beans  | 1/2 cup fresh, frozen, canned |
|  | Mixed or stir-fry vegetables  | 1/2 cup |
|  | Vegetable soup | 1 cup |
|  | Beans or lentils | 1/2 cup baked or dried |
|  | Celery  | 2-3 sticks |
|  | Dark yellow/orange (winter) squash  | 1/2 cup |
|  | Eggplant, zucchini, or other summer squash  | 1/2 cup |
|  | Potatoes | 1 baked or boiled or 1 cup mashed |
|  | Yams or sweet potatoes | 1/2 cup |
|  | Cooked spinach | 1/2 cup |
|  | Raw spinach | 1 cup |
|  | Kale, mustard greens or chard  | 1/2 cup |
|  | Iceberg or head lettuce | 1 serving |
|  | Romaine or leaf lettuce  | 1 serving |
|  | Green, yellow or red peppers  | 3 slices or 1/4 pepper |
|  | Tomatoes | 2 slices |
|  | Tofu or soybeans | 3-4 oz |
|  | Fresh onion | 1 slice |
|  | Cooked onion | 1/2 cup |