## What 1 Pound of Produce Really Means



APPLES: 4, medium size



BEETS: 5, medium size



BELL PEPPERS: 3, large size



BRUSSELS SPROUTS: 20



CABBAGE: 1, medium size



CARROTS: 5, medium size



CAULIFLOWER: 2, small size



CELERY: 1 bunch



CHILI PEPPERS: 3, medium size



CORN: 1 cob



CUCUMBERS: 2, medium size



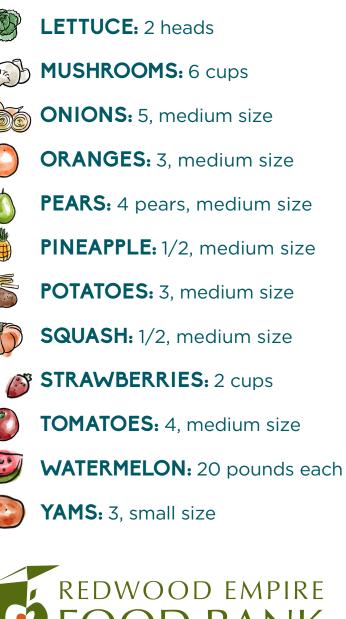
EGGPLANT: 1, small size



**GRAPES:** 3 cups



HONEYDEW: average melon is 6lbs



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