

What is a Serving?

Grains (1 oz. serving)

- 1 slice of bread; ½ English muffin
- 1 cup dry cereal
- ½ cup cooked cereal, pasta, or rice

Veggies (1 cup serving)

- 1 cup raw or cooked veggies
- 2 cups raw, leafy veggies
- 1 medium baked potato

Fruits (1 cup serving)

- 1 large banana, orange, or peach
- 1 small or ½ large apple
- 1 cup berries or 100% fruit juice
- ½ cup dried fruit

Milk

- 1 cup fat-free or low-fat milk or yogurt
- 1½ oz. hard cheese
- 2 oz. processed cheese

Meats & Beans (1 oz. serving)

- 1 oz. cooked lean meats or poultry
- 1 egg
- ½ oz. nuts or seeds; 2 Tbsp. hummus
- ¼ cup chickpeas, lentils, or tofu
- 1 Tbsp. peanut butter

Oils








- 1 tsp. oil or *trans* fat-free margarine
- 1 Tbsp. salad dressing



Serving Size Matters

People tend to think they eat less than what they actually do. One way to find out how much you eat is to use measuring cups and spoons and a food scale. Do this for everything you eat and drink for at least one day.

You can also use common objects to estimate serving sizes.

-  1 cup = 2 hands cupped or clenched fist
-  ½ cup = Computer mouse
-  1 oz. = Domino
-  3 oz. = Deck of cards
-  1 Tbsp. = One die
-  2 Tbsp. = 1 ping-pong ball
-  1½ oz. low-fat cheese = 4 dice