

What Counts as a Serving?

FOOD

WHAT IT LOOKS LIKE

GRAINS GROUP

1 slice bread
1 cup ready-to-eat cereal
1/2 cup cooked cereal, rice or pasta
1 pancake

Size of an audiocassette tape
Size of a fist
Size of a cupcake wrapper full
Size of a compact disc

VEGETABLE GROUP

1 cup raw leafy vegetables
1/2 cup other vegetables, cooked or raw
3/4 cup vegetable juice
1 baked potato
1/2 cup cooked, dry beans

Size of a baseball
Size of an ice cream scoop or light bulb
Size of a small Styrofoam cup
Size of the fist

FRUIT GROUP

1 medium fruit
1/2 cup chopped, cooked or canned fruit
3/4 cup fruit juice
1/4 cup raisins

Size of a tennis ball
Size of 7 cotton balls
Size of a small Styrofoam cup
Size of a large egg

DAIRY GROUP

1 cup milk or yogurt
1 1/2 ounces of natural cheese (e.g. Cheddar)
2 ounces of processed cheese (e.g. American)

Size of a 9-volt battery
Size of four dice

MEAT & BEANS GROUP

3 ounces cooked meat, poultry or fish

Size of a deck of cards or palm of hand

Following foods count as 1 ounce of lean meat:

2 tablespoon peanut butter (size of a ping pong ball), 1/2 cup cooked dry beans, 1/2 cup tofu,
2 1/2 ounce soyburger, 1 egg , 1/3 cup nuts

FATS, OILS AND SWEETS GROUP

1 teaspoon butter, margarine
2 tablespoon salad dressing

Size of a fingertip
Size of a ping pong ball

(Source: Adapted from "Making Sense of Serving Sizes" <http://www.mckinley.uiuc.edu/Handouts/maksenseservsizes/maksenseservsizes.html>)



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