

Sample Serving Sizes

(Note: Each of the foods listed is equivalent to one serving.)

Grains Group

1 slice of bread
1 ounce ready-to-eat cereal
1/2 cup cooked cereal, rice,
or pasta
6-inch tortilla
1/2 bun, English muffin,
or bagel
4 saltine crackers

Vegetable Group

1 cup raw leafy vegetables
1/2 cup chopped raw
or cooked vegetables
6 ounces vegetable juice
1 medium potato
1 cup tossed salad

Fruit Group

1 medium apple, banana,
or orange
1/2 cup chopped, cooked,
or canned fruit
3/4 cup 100% fruit juice
1/4 cup dried fruit

Dairy Group

1 cup milk
1 cup yogurt
1 1/2 ounces natural cheese
1/2 cup ice cream or frozen
yogurt

Protein Group

3 ounces cooked lean meat,
poultry, or fish
4 ounces tofu
1/2 cup cooked beans or peas
1/3 cup nuts
2 tablespoons peanut butter
1 egg

Oils (and Sweets)

4 tablespoons syrup
2 tablespoons salad dressing
1 tablespoon butter or
margarine
1 tablespoon oil
1 tablespoon catsup
1 tablespoon mayonnaise
1 tablespoon jelly
1 teaspoon mustard