

How Much is One Serving?



Vegetables

- 1/2 c. chopped raw, non-leafy vegetables
- 1 c. leafy, raw vegetables (lettuce, spinach, cabbage)
- 1/2 c. cooked vegetables
- 3/4 c. vegetable juice
- 1 small baked potato (limit to 2 per week)



Fruit

- 1 medium piece of fresh fruit
- 3/4 c. fruit juice (limit to 1 serving per day)
- 1/2 c. berries or fruit slices
- 1/2 c. canned, frozen, or cooked fruit
- 1/4 c. dried fruit (raisins, dried apricots)



Protein

- 1 oz. cooked meat, chicken, or fish (note: 1 small hamburger patty = 3 oz.)
- 1 egg
- 1 Tbs. peanut or other nut butter
- 1/4 c. cooked beans
- 1/2 oz. nuts (12 almonds, 7 walnut halves)
- 1/4 c. tofu



Dairy

- 1 c. of milk or alternative milk (soy, almond, oat milks)
- 1 c. of yogurt or alternative yogurt (soy, almond, oat yogurt)
- 1.5 oz. of cheese (this is 2 deli slices)
- 1/3 c. grated cheese



Grains

- 1 slice whole grain bread
- 1/2 bagel, bun, pita, or English muffin
- 3-4 small crackers
- 4' pancake or waffle
- 1/2 c. cooked rice or noodles
- 1/3 c. heavy cold cereal (granola, Grape Nuts)
- 1 c. medium cold cereal (bran flakes, Cheerios)
- 1.5 c. light cold cereal (puffed wheat or corn)
- 1/2 c. hot cereal (oatmeal, grits)
- 3 c. popped popcorn



Extras

- 1 Tbl. salad dressing
- 1 Tbl. cream or coffee creamer
- 1 tsp. mayonnaise
- 1 tsp. butter or margarine
- 1 small handful of potato or other chips
- 10 french fries
- 1 cupcake
- 12 oz. soda pop
- 1/2 c. ice cream or sherbet
- 1 can of beer
- 3/4 c. wine
- 1 shot of liquor



Drinks

- Non-caloric beverages:
- Water
 - Black coffee
 - Plain tea
- 1 c. milk, juice, sweetened beverages
- 1 c. broth