What is One Serving?

GRAINS 6-10 ounces per day (6 servings)	VEGETABLES 2 ½ - 4 cups per day (3 servings)	FRUITS 1 ½ - 2 ½ cups per day (2 servings)	DAIRY 3-4 cups per day (3 servings)	PROTEIN 5-7 ounces per day (2 servings)
Make at least half of your grains __whole__ grains	*Make half of your plate vegetables and fruits.*	*Make half of your plate fruits and vegetables*	*Select 1% or non-fat dairy foods*	*Vary your protein (including dried beans)*
1 ounce is equal to: 1 slice bread 1 cup breakfast cereal ½ cup rice ½ cup pasta ½ cup cooked cereal	**1 cup is equal to:** 1 large baked potato or sweet potato 2 cups lettuce (romaine, spinach, iceberg)	**1 cup is equal to:** 1 medium mango 1 large banana 1 medium apple Medium bunch of grapes 2 plums	**1 cup is equal to:** 1 cup milk, soy milk, rice milk 1 cup yogurt 1/3 cup shredded cheese or 1 ½ ounces of hard cheese	**1 ounce is equal to:** ¼ cup of beans 1 ounce of cooked meat, fish, poultry 3-4 pieces of shrimp 3 thin slices of cold meat 10-12 almonds or cashews 2 Tablespoons peanut butter
	½ cup is equal to: ½ cup corn or ½ cob of corn ½ cup raw veggies (such as carrots, celery, broccoli) ½ cup green beans ½ cup tomatoes ½ cup tomato juice	**½ cup is equal to:** ½ grapefruit 1 small orange ½ cup 100% juice 1 peach ¼ cup raisins ½ cup strawberries, blueberries, raspberries 1 kiwi ½ cup canned fruit	**½ cup is equal to:** ½ cup pudding(made with milk) ½ cup frozen yogurt	
Find a Balance Between Food and Physical Activity. ▪ Be physically active for at least 60 minutes most days of the week.	**Know the limits on fats, sugars and salt (sodium).** ▪ Make most of your fat sources from fish, nuts and vegetable oils. ▪ Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these. ▪ Check the Nutrition Facts label to keep saturated fats, trans fat, and sodium **low** (5% or less of % Daily Value) ▪ Choose food and drinks low in **added** sugars. Added sugars contribute calories with few, if any, nutrients.			

Adapted from: http://www.californiaprojectlean.org/doc.asp?id=193
http://www.choosemyplate.gov