What Counts as ONE Serving?
(Source: myplate.gov) (RDA stands for Recommended Daily Amount)

**GRAINS & STARCHY VEGETABLES** *(RDA for Men is 8 servings, Women 6 servings)*
- ½ cup of cooked rice, pasta, quinoa, oatmeal, grits & other cooked cereals
- 1 slice of bread
- About 1 cup ready-to-eat cereal
- One 4-inch diameter pancake
- One 7-inch diameter flour tortilla
- ½ cup (1 ounce) of French fries (about 10 fries)
- 1 small (2-1/4 ounces) baked potato
- ½ cup mashed potatoes

**VEGETABLES** *(RDA for Men is 3 cups, Women is 2.5 cups)*
- ½ cup cooked vegetables
- 6-inch cooked corn cob
- ½ cup raw vegetables
- 1 cup raw leafy vegetables such as spinach, lettuce and kale

**FRUITS** *(RDA for Men is 3 cups, Women is 2 cups)*
- ½ cup chopped, cooked, or canned fruit
- 1 medium apple, banana, or orange
- ½ cup grapes

**PROTEIN** *(RDA for Men is 6.5 ounces, Women is 5.5 ounces. Amount may differ if you are very active)*
- 2-3 ounces of cooked meat, poultry or fish
- 2-3 ounces sliced deli meat (Ham, roast beef, turkey)
- 2-3 ounces tuna or chicken salad
- 3 ounces tofu
- ½ cup cooked beans
- 1 egg
- 2 Tablespoons peanut butter
- 2 Tablespoons hummus
- 1/4 cup nuts

**DAIRY** *(RDA for Men and Women is 3 cups) (Calcium can also be found in kale, broccoli, soymilk & almonds)*
- 1 cup milk or yogurt
- 1-1/2 ounces of natural cheese such as Cheddar, Jack, & Swiss
- 2 ounces of processed cheese such as American
- ½ cup frozen yogurt or ice cream

**FATS & OILS** *(RDA for Men is 2 Tablespoons + 1 teaspoon, Women is 2 Tablespoons)*
- 1 Tablespoon mayonnaise
- 1 Tablespoon salad dressing
- 1 Tablespoon oil or butter
What does 1 serving look like?

**Protein**
- 3 oz of meat or tofu: a deck of cards
- ½ cup pasta: baseball
- ½ cup beans: light bulb
- 1 oz or 2 tablespoons peanut butter or hummus: golf ball
- 1 oz or ¼ cup almonds: about 23 nuts

**Fruits & Vegetables**
- 1 cup fruit or vegetables: baseball
- ½ cup fruit or vegetables: lightbulb
- 1 medium apple: baseball
- ½ cup grapes: about 16 grapes

**Grains & Starchy Vegetables**
- Medium baked potato: computer mouse
- Bagel: hockey puck
- 1 cup cold cereal: baseball
- 1 cup oatmeal: baseball

**Dairy**
- 1-1/2 oz of cheese: 3 dice
- 1 cup yogurt or cottage cheese: baseball
- ½ cup Frozen Yogurt or Ice Cream: light bulb

**Fats & Oils**
- 1 tablespoon butter, oil, mayo, salad dressing: poker chip

**Sweets**
- 1 slice of cake: deck of cards
- 1 brownie: package of dental floss
- 1 piece of chocolate: package of dental floss