

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

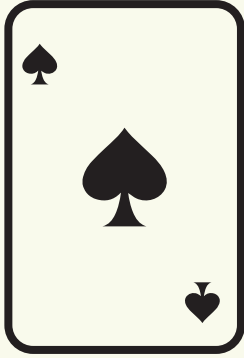
DAIRY (RDA for Men and Women is 3 cups) (Calcium can also be found in kale, broccoli, soymilk & almonds)

- 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

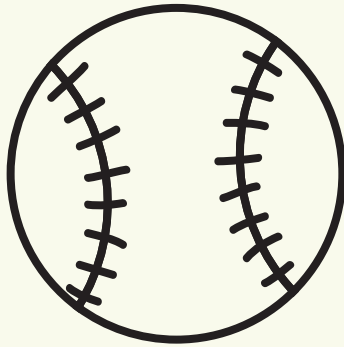
FATS & OILS (RDA for Men is 2 Tablespoons + 1 teaspoon, Women is 2 Tablespoons)

- 1 Tablespoon mayonnaise
- 1 Tablespoon salad dressing
- 1 Tablespoon oil or butter

What does 1 serving look like?



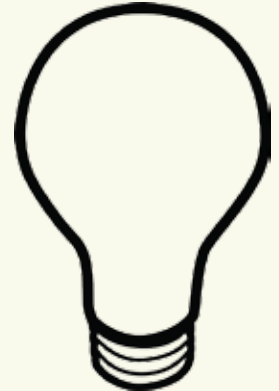
3 oz of meat or tofu
1 slice of cake



1 cup of fruit
1 cup of cereal



1 brownie
1 piece of chocolate



1/2 cup of cooked pasta
1/2 cup of beans
1/2 cup of ice cream



1 tablespoon of oil



1-1/2 oz of cheese

Protein

3 oz of meat or tofu: a deck of cards

1/2 cup pasta: baseball

1/2 cup beans: light bulb

1 oz or 2 tablespoons peanut butter or hummus:
golf ball

1 oz or 1/4 cup almonds: about 23 nuts

Fruits & Vegetables

1 cup fruit or vegetables: baseball

1/2 cup fruit or vegetables: lightbulb

1 medium apple: baseball

1/2 cup grapes: about 16 grapes

Fats & oils

1 tablespoon butter, oil, mayo, salad dressing:
poker chip

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

1/2 cup Frozen Yogurt or Ice Cream: light bulb

Sweets

1 slice of cake: deck of cards

1 brownie: package of dental floss

1 piece of chocolate: package of dental floss