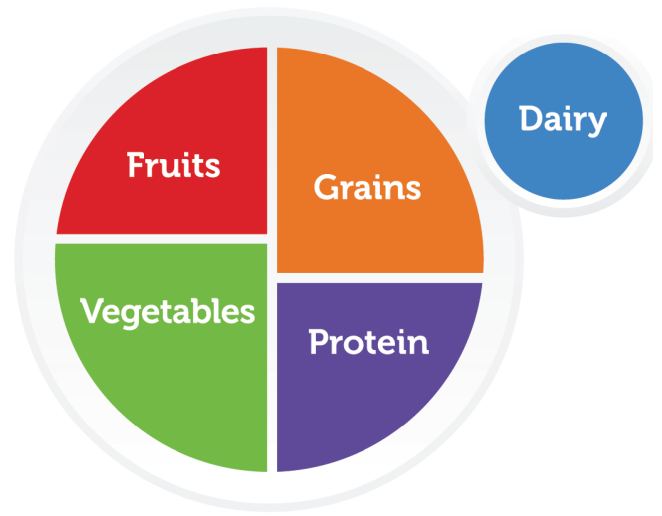


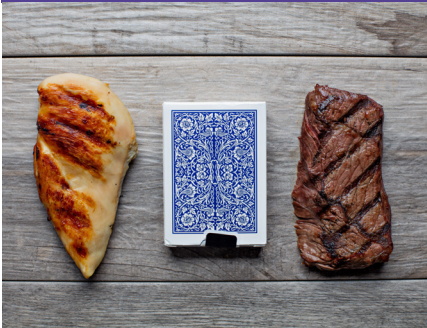
# Serving Size Matters!

Make sure to eat adequate servings from all five food groups.



(Servings: Based off of a 2,000-calorie diet)

## Examples of 3-ounce protein equivalents (5.5-ounce equivalents per day)



Meat the size of a deck of cards



3 ounces of canned meat



Fish the size of a smart phone

## Examples of 1-ounce protein equivalents (5.5-ounce equivalents per day)



1 egg



2 tbsp of hummus



½-ounce of nuts  
(about 12 almonds)



1 tbsp of peanut butter



¼ cup of beans or peas



¼ cup of pinto beans



## Examples of 1-cup vegetable equivalents (2.5-cup equivalents per day)



Vegetable the size of a light bulb



2 cups of raw spinach or leafy greens



2 large stalks of celery or carrots



1 cup of fresh, frozen or canned vegetables

## Examples of 1-cup fruit equivalents (2-cup equivalents per day)



1 piece of fruit the size of a baseball or 2 small fruits, such as plums



1 cup of canned fruit, frozen fruit, or 100% fruit juice



½ cup of dried fruit



1 cup of green grapes

## Examples of 1-ounce whole grain equivalents (6-ounce equivalents per day)



½ cup of cooked pasta, rice or oatmeal



1 slice of bread, ½ of a hamburger bun or ½ of an English muffin

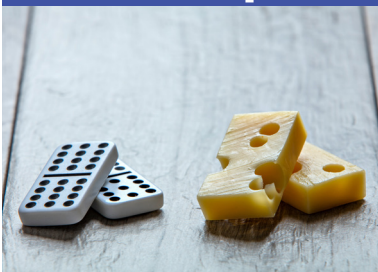


1 cup of cereal or 5 crackers



1 small pancake or a small tortilla

## Examples of 1-cup dairy equivalents (3-cup equivalents per day)



Block cheese cut to the size of 2 dominoes, 1 slice from packaged cheese, or 1 ½ cheese sticks



1 cup of milk



⅓ cup of shredded cheese



1 cup of yogurt or 2 cups of cottage cheese

**Ask yourself with every meal, "Did I get enough servings of each food group?"**