

FOOD GUIDE PYRAMID- SERVING SIZES
GUIDE TO ESTIMATING SERVING SIZES IN YOUR DIET

Each item and serving size listed below counts as one serving in its given food group.

Milk, Cheese & Yogurt: 2-3 Servings per Day (possibly 4)

1 cup (8 oz.) milk, ½ cup (4 oz.) evaporated milk
1 ½ oz cheese, 1 slice cheese (any) , 2 oz. processed cheese, 1/3 cup grated cheese
2 c. (16 oz.) cottage cheese
1 ½ cup (12 oz) ice cream, ice milk, frozen yogurt
1 cup (8 oz.) yogurt

Meat, Poultry, Dry Beans, Eggs, Nuts: 2-3 Servings per Day

2-3 oz. meat, fish, poultry (hamburger patty, chicken patty, sausage, etc.)
1 slice lunch meat (ham, turkey, bologna, chicken)
1 drumstick, leg, wing, chicken breast
1 hot dog
2 eggs
1 cup (8 oz.) cooked dry beans, peas, lentils
½ cup nuts (any), 4 Tbsp peanut butter
½ block tofu

Fruits: 2-4 Servings per Day

½ cup fruit (raw, frozen, canned, chopped)
½ grapefruit
¼ cantaloupe (any melon)
1 pear, peach, plum, banana
1 2-3" apple
¾ cup (6 oz.) 100% fruit juice (apple, cranberry, grape, etc.)
½ cup (4 oz.) 100% orange juice
¼ cup raisin (dried fruit)

Vegetables: 3-5 Servings per Day

1 cup raw, leafy greens (lettuce, spinach, or other)
¾ cup (6 oz.) juice (tomato, carrot, celery, etc.)
½ cup raw or cooked vegetables (carrots, peas, broccoli, corn, potatoes, spinach, sweet potatoes)
1 medium potato
7 French fries (frozen, baked) Fast food fries count as a limited extra.

Breads, Cereals, and other Grains: 6-11 Servings per Day

1 slice bread (wheat, white, whole grain, enriched, etc.)
1 tortilla, taco shell
½ cup cooked rice
1 pancake
6 crackers
1 cup (1 oz.) ready-to-eat cereal (Cheerios, Wheaties, Life, etc.)
1 granola bar
1 canned biscuit, ½ fast food biscuit
½ cup cooked cereal (grits, oatmeal, cream of wheat)
1 muffin (blueberry, bran, etc.), ½ English muffin
½ hamburger bun or hot dog roll
½ cup cooked pasta (spaghetti, noodles, vermicelli, macaroni)
½ bagel
1 dinner roll, or croissant
3 cups plain popcorn

Limited Extras: Use Sparingly

Cookies, cake, candy, brownies, chocolate, sugar, donuts, danishes, pastries, poptarts, potato chips/snacks, popcorn- with added butter or salt, fast food french fries, margarine, butter, oil, cream cheese, mayonnaise, sour cream, salad dressings, jams, jellies, jello, ketchup, mustard, relish, added sauce, tea/coffee, drink mixes (Kool Aid), soft drinks, juice drinks, bacon, alcohol, beer