

Servings

Serving size matters!

Make sure to eat adequate servings from all five food groups. Visit MyPlate.gov to see how many servings are right for you.

(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



1/2-ounce of nuts
(about 12 almonds)



1 tbsp of peanut butter



1/4 cup of beans or peas



1/4 cup of pinto beans

Did you know?

2 cups of cottage cheese are equal to one cup of milk or $\frac{1}{3}$ cup of shredded cheese.

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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?"