

GUIDE TO HEALTHFUL EATING EVERY DAY

BREADS, CEREALS, RICE & PASTA
Use mostly whole grains

**5 OR MORE
SERVINGS**

VEGETABLES

**4 OR MORE
SERVINGS**

&

FRUITS

**3 OR MORE
SERVINGS**

**FATFREE/LOWFAT MILK
& MILK PRODUCTS**

**3 OR MORE
SERVINGS**

FISH, POULTRY, LEAN MEATS

**5 OUNCES
OR LESS**

BEANS, PEAS, LENTILS

**AS OFTEN AS POSSIBLE
IN PLACE OF MEAT**



Serving Sizes

Milk (based on calcium content, 1 serving = 300 mg calcium)

- 1 serving = 1 cup milk
- = 1 cup yogurt
- = 1½ ounces (1 ½ slices) hard cheese
- = 1½ cups cottage cheese or ice cream

Vegetables

- 1 serving = ½ cup cooked or chopped raw vegetables
- = 1 cup raw leafy greens

Fruits

- 1 serving = 1/2 cup fresh or cooked or canned fruit
- = 1 small whole fresh fruit
- = 4 to 6 oz. (½ – ¾ cup) juice
- = 1 oz. (2 – 4 Tbsp.) dried fruit

Breads and Cereals

- 1 serving = 1 slice (1 oz) bread or 1 small muffin
- = 4 small crackers or 2 - 3 squares graham crackers
- = 1 oz. (see Nutrition Facts label) dry cereal
- = ½ cup cooked cereal, rice, pasta or corn

Meat/Poultry/Fish/Eggs/Beans & Peas

- 1 serving = 2 - 3 ounces
- 1 ounce = 1 egg
- = ½ cup cooked dried beans, peas or lentils
- = 2 Tbsp. peanut butter
- 3 ounces = ½ of a 6-ounce can of tuna
- Portion of cooked meat, without bone, the size of a deck of cards