



## What is a serving size?

**Grains:** 1 slice of bread, 1 ounce of ready-to-eat cereal, 1/2 cup of cooked cereal, rice or pasta (about the size of a 1/2 baseball).

**Vegetables:** 1 cup of raw leafy vegetables (about the size of a small fist), 1/2 cup of other vegetables or 1/2 cup of vegetable juice.

**Fruits:** 1 medium fruit (medium is defined as the size of a baseball); 1/2 cup chopped, cooked or canned fruit; or 1/2 cup juice.

**Meat, Poultry, Fish, Dry Beans and Nuts:** 2 to 3 ounces of cooked lean meat, poultry or fish; 1/2 cup cooked dry beans; or 2 tablespoons of peanut butter.

**Milk, Yogurt and Cheese:** 1 cup of fat-free or low-fat milk or yogurt, 1 1/2 ounces fat-free or low-fat cheese.

### **I can't possibly eat that many servings of vegetables, etc.!**

Before you decide that you can't eat as many servings of ANYTHING as suggested, think small fist, baseball, hockey puck and a computer mouse. These are all things that describe a "serving size." The comparisons will help you eat more of the things you need and less of the things you don't.

✦ One serving of raw leafy vegetables or a baked potato **should be about the size of a small fist**. A serving is a lot smaller than most people think.

✦ A cup of fat-free or low-fat milk or yogurt, or a medium fruit should **equal about the size of a baseball**.

✦ A half a bagel is about the **size of a hockey puck** and represents a serving from the grains group.

✦ Three ounces of cooked lean meat or poultry is about the **size of a computer mouse**. Three ounces of grilled fish is about the **size of a checkbook**.

✦ A teaspoon of soft margarine is about the **size of one die**.

An ounce of fat-free or low-fat cheese is about the **size of six stacked dice**.

