

Serving Sizes

Food Group	Serving Sizes
Grains*	 <p>1 slice bread 1 ounce dry cereal† 1/2 cup cooked rice, pasta, or cereal</p>
Vegetables	 <p>1 cup raw leafy vegetable 1/2 cup raw or cooked vegetable, cut up 1/2 cup vegetable juice</p>
Fruits	 <p>1 medium-sized fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 1/2 cup fruit juice</p>
Fat-free or low-fat milk and milk products	 <p>1 cup of fat-free or low-fat milk or yogurt‡ 1 1/2 ounces of cheese</p>
Lean meats, poultry, and fish	 <p>1 ounce cooked meat, poultry without the skin, or fish 1 egg§</p>
Nuts, seeds, and legumes	 <p>1/3 cup or 1 1/2 ounces nuts 2 tablespoons peanut butter 2 tablespoons or 1/2 ounce seeds 1/2 cup cooked legumes (dry beans and peas)</p>
Fats and oils	 <p>1 teaspoon soft margarine 1 teaspoon vegetable oil 1 tablespoon low-fat or fat-free mayonnaise 2 tablespoons low-fat or fat-free salad dressing</p>
Sweets and added sugars	 <p>1 tablespoon sugar 1 tablespoon jelly or jam 1/2 cup sorbet, gelatin 1 cup lemonade</p>

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

† Serving sizes vary between 1/2 cup and 1 1/3 cups, depending on cereal type. Check the product's Nutrition Facts label.

‡ Lactose-free alternatives for people who are lactose intolerant.

§ Limit the number of egg yolks to four per week.