



Serving Sizes

Based on a 2,000 Calorie Daily Meal Plan

Food Group	Serving Size
 <p>Grains*</p>	<p>1 slice whole wheat bread 1 ounce dry cereal† ½ cup cooked rice, pasta, or cereal</p>
 <p>Vegetables</p>	<p>1 cup raw leafy vegetable (greens) 1 cup cut-up raw, frozen, or cooked vegetable</p>
 <p>Fruits</p>	<p>1 medium fruit, such as an apple ½ cup fresh, frozen, or canned fruit</p>
 <p>Fat-free or low-fat milk and milk products</p>	<p>1 cup of fat-free or low-fat milk or yogurt‡ 1½ ounces of reduced-fat cheese</p>
 <p>Protein foods</p>	<p>1 ounce cooked lean meats, poultry, or fish 1 egg ½ ounce nuts or seeds 1 tablespoon nut butter ¼ cup cooked beans or peas</p>

* Choose whole grain foods. They're a good source of fiber and nutrients.

† Serving sizes vary between ½ cup and 1¼ cups, depending on cereal type. Check the product's food label.

‡ Lactose-free alternatives for people who are lactose intolerant