

What's a serving?

Fruit	Vegetables
1 medium-sized piece of fruit (e.g. banana, apple, orange, pear)	1 cup raw, leafy vegetables (e.g. lettuce, spinach) or salad
1/2 cup cut-up fresh fruit or canned fruit	1/2 cup cooked or canned vegetables
3/4 cup (6 fluid ounces) 100% fruit juice	3/4 cup (6 fluid ounces) 100% vegetable juice
1/4 cup dried fruit (e.g. raisins, dried apricots,	1/2 cup cooked or canned beans, peas or

Starch/Grains	Dairy
1 slice whole wheat bread	1 cup fat free milk
1/2 bagel or muffin	1 cup low-fat yogurt
1/2 cup hot cereal	1/2 cup cottage cheese
1/2 cup beans, corn or rice	3/4 cup soy milk

Protein	Fat
3 oz cooked lean meat	1 tsp olive oil
1 egg	1 tblsp cream cheese
1 oz hard cheese	5 olives
3 oz cooked fish	1 tsp mayo

Visual Servings

1 cup- closed fist

1/2 cup- tennis ball

2 tbsp- ping pong ball

1 tsp- first joint of your thumb

1 oz of cheese- first joint of your thumb

3 oz meat- deck of cards

18 cashews

20 peanuts

22 almonds