



# FOOD AMOUNTS COUNT

## What Size is a Serving?

The **MyPlate Calculator** helps you design an eating pattern that is just for you.

The **Five Food Group** foods provide the nutrients you need for a lifetime of healthy eating.

How much you eat from each Food Group every day is important for your overall health.

Your food and drink choices matter.

### Focus on:

**AMOUNT** – Know the recommended daily amounts of the foods you should eat and then consume that amount. Large portions can promote overeating so learn what a serving size looks like on your plate.

**NUTRIENT DENSITY** – Whole, fresh foods contain the most nutrients. Highly processed foods often add sugar, sodium and fat, resulting in extra calories.

Choose nutrient rich foods like colorful fruits and vegetables, whole grains and lower fat dairy foods for better health.

**VARIETY** – Eat as many different foods as possible within each Food Group. The more variety you choose, the more nutrients you will be getting. Your body needs various nutrients each day so mix it up and fuel your body!

Let's look at each **Food Group** and find out what counts as a serving.

| <b>Grains</b><br>1 ounce=  | <b>Veggies</b><br>1 cup=  | <b>Fruits</b><br>1 cup =   | <b>Dairy</b><br>1 cup =   | <b>Protein</b><br>1 ounce=  |
|--|---|--|---|---|
| 1 slice bread<br>½ English muffin<br>½ cup rice, pasta, or cooked cereal<br>1 cup dry cereal<br>3 cups popcorn<br>1 six inch tortilla  | 1 cup raw vegetables<br>1 sweet potato or potato<br>1 cup cooked vegetables<br>2 cups leafy greens<br>12 baby carrots<br>8 ounces 100% vegetable juice  | 1 cup sliced fruit<br>1 medium whole fruit<br>½ cup dried fruit<br>32 grapes<br>8 large strawberries<br>8 ounces 100% fruit juice  | 8 ounces milk<br>8 ounces yogurt<br>1½ ounces cheese<br>⅓ cup shredded cheese<br>½ cup ricotta cheese   | 1 egg<br>2 Tablespoons peanut butter<br>1 ounce meat (fish, beef, chicken, turkey, pork)<br>12 almonds<br>¼ cup cooked beans  |
| <b>What's a serving?</b><br><br>½ cup pasta =   | <b>What's a serving?</b><br><br>1 cup veggies =   | <b>What's a serving?</b><br><br>1 medium apple or orange =   | <b>What's a serving?</b><br><br>1½ ounces cheese =   | <b>What's a serving?</b><br><br>3-4 oz meat =   |

### Extra Calories

Extra calories often come from foods that add taste and pleasure but not many nutrients. These include foods like candy, chips, baked sweets and fats such as mayonnaise and salad dressings. These extra calories could also come from extra servings, from any Food Group. Read the Nutrition Facts food label to find calorie information.

### Oils

Fats are part of a healthy diet. Healthy fats are found in fish, nuts, avocados and vegetable oils such as olive, canola and safflower. Choose your fats wisely as they are high in calories.