



What is a serving size, anyway?

Even if you know you need to eat smaller portions, that's only part of the battle. You'll need to learn how to recognize serving sizes of foods so you can put the right amount on your plate each day. Here's a list of food group servings to help:



VEGETABLES

Fresh, frozen or canned:

5 servings per day

- Leafy greens: 1 cup
- Cut-up vegetables: ½ cup
- Cooked beans or peas: ½ cup
- 100% vegetable juice: ¼ cup



GRAINS

6 servings per day

- Bread: 1 slice (a 2-slice sandwich is 2 servings of grains)
- Pasta or rice uncooked: 1 oz (⅛ cup)
- Cooked rice, pasta, or cereal: ½ cup
- Popcorn: 1 oz. (⅓ cup) uncooked

At least half should be whole grain and high in fiber.



MEAT & POULTRY

8 to 9 servings per week

- 3 oz. cooked meat or poultry, about the size of a deck of cards
- 1 egg or 2 egg whites

Choose lean meats with skin and fat removed.



SEAFOOD/FISH

2-3 servings a week

- 3 oz. cooked seafood, about the size of a checkbook

Choose fish that provides omega-3 fatty acids. Pregnant women should ask their doctors about safe types of fish to eat.



FRUITS

Fresh, frozen, canned, or dried:

4 servings per day

- Whole fruit: 1 medium fruit
- Cut-up fruit: ½ cup
- 100% fruit juice: ¼ cup
- Dried fruit: ¼ cup



DAIRY

(or non-dairy milks with added calcium and vitamin D):

3 servings per day

- 1 cup milk or yogurt
- 1.5 oz. cheese (size varies depending on the type of cheese)



NUTS, SEEDS, BEANS & LEGUMES

5 servings per week

- Nut butter: 1 Tbsp.
- Nuts or seeds: 2 Tbsp.



FATS & OILS

3 servings per day

- Vegetable oil, margarine, dressing: 1 Tbsp.

To help with portion sizes, you may wish to find out how many calories you should be eating. Use the National Institutes of Health Body Weight Planner at www.supertracker.usda.gov. Keep this number in mind as you eat throughout the day.

Source: American Heart Association