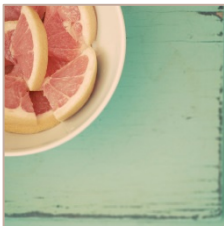


# Serving Sizes

## Serving Sizes for Each Food Group



### Whole Grains: 6-8 servings per day

- 1 slice bread
- 1 tortilla
- 1/2 bagel
- 1 oz. crackers (low sodium)
- 1/2 c rice
- 1/2 c pasta
- 1/2 c oatmeal
- 1/2 c cooked grits
- 1/2 c quinoa
- 1 small potato

### Dairy: 2-3 servings per day

- 1 slice bread
- 1 c low fat milk
- 1/2 c low fat yogurt
- 1/2 c low fat cottage cheese (low sodium)
- 1.5 oz. low fat cheese

### Fruit: 4-5 servings per day

- 1 medium fruit
- 1/2 c fresh or frozen fruit
- 1/4 c dried fruit
- 1/2 c 100% fruit juice



**Nuts, Seeds, & Legumes: 4-5 servings  
per week**



- 1/2 c cooked beans
- 1/2 c cooked lentils
- 1/3 c nuts
- 2 tbsp nut butter
- 2 tbsp tahini
- 2 tbsp chia seeds
- 2 tbsp flax seeds
- 2 tbsp sunflower seeds

**Fats & Oils: 2-3 servings per day**

- 1/3 avocado
- 1 tsp olive oil
- 1 tsp avocado oil
- 1 tsp canola oil
- 1 tbsp mayonnaise
- 2 tbsp salad dressing 1/2 c quinoa

**Vegetables: 4-5 servings per day**

- 1 c romaine lettuce
- 1 c kale
- 1 c spinach
- 1/2 c celery
- 1/2 c zucchini
- 1/2 c broccoli
- 1/2 c bell peppers
- 1/2 c green beans
- 1/2 c low sodium vegetable juice
- 1/2 c tomatoes



**Meat, Poultry, or Fish: <6 servings per day**



- 1 oz. poultry
- 1 oz. fish
- 1 oz. shrimp
- 1 oz. lean beef
- 1 oz. pork loin
- 1 egg
- 1/2 c tofu
- 1/2 c tempeh
- 4 oz. veggie burger

**Sweets & Added Sugar: <5 servings per week**

- 1 tbsp sugar
- 1 tbsp brown sugar
- 1 tbsp honey
- 1 tbsp maple syrup
- 1 tbsp jelly or jam
- 1/2 c frozen yogurt
- 1 oz. dark chocolate

