

What size is your serving?

Compare the Pyramid Servings
with what you eat in a day.



Food Guide Pyramid – A Guide to Daily Choices

How Many Each Day?	What Counts as a Serving		
<p>2 to 3 Servings</p> <p>Milk Group</p>	<p>8 oz. glass of milk = size of a small milk carton</p> 	<p>1 1/2 oz. of natural cheese = size of two 9-volt batteries</p> 	<p>8 oz. cup of yogurt = size of a baseball</p> 
<p>2 to 3 Servings (total of 5 to 7 ounces)</p> <p>Meat & Beans Group</p>	<p>2-3 oz. of meat, poultry or fish = size of a deck of cards</p> 	<p>2 tablespoons of peanut butter counts as 1 oz = size of a roll of film</p> 	<p>1 cup of beans counts as 2 oz = size of a baseball</p> 
<p>3 to 5 Servings</p> <p>Vegetable Group</p>	<p>1 cup of raw, leafy vegetables = size of a baseball</p> 	<p>10 french fries = size of a deck of cards</p> 	<p>1/2 cup of peas or other vegetables = size of a small computer mouse</p> 
<p>2 to 4 Servings</p> <p>Fruit Group</p>	<p>3/4 cup of fruit juice = size of a 6 oz can</p> 	<p>1/2 cup of sliced fruit = size of a small computer mouse</p> 	<p>1 medium fruit = size of a baseball</p> 
<p>6 to 11 Servings</p> <p>Grains Group</p>	<p>1 slice of bread = size of a disk</p> 	<p>1 cup of dry cereal = size of a baseball</p> 	<p>1/2 cup of pasta = size of a small computer mouse</p> 