



Family Nutrition Education Programs

Nutrition and Lifeskills for Missouri Families



Portions to Fit Your Health

Select portions that will help you have balance, variety, and moderation in your diet. The portion sizes below can help you maintain a healthy weight!

Food group	Amount needed	Portion
GRAINS	6 ounces	1 oz. is equal to 1 slice of bread, 1 cup of cereal, or ½ cup of pasta or rice.
VEGETABLES	2½ cups	1 cup of raw vegetables or cooked vegetables or vegetable juice, or 2 cups of raw leafy vegetables.
FRUITS	2 cups	1 cup of fruit or 100% fruit juice, or ½ cup dried fruit.
MILK	3 cups	1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.
MEAT & BEANS	5½ ounces	1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ cup of nuts or seeds.

* Based on a 2,000 calorie diet.

Helpful Visualizations to Choose Proper Portions

These count as 1 ounce:

Grain Group

- ◆ 1 slice bread = cassette tape
- ◆ 1 cup ready-to-eat cereal = baseball or woman's fist
- ◆ ½ cup cooked cereal, pasta or rice = computer mouse
- ◆ 1 pancake or waffle = compact disc
- ◆ 1 tortilla = small salad plate
- ◆ 1 packet instant oatmeal



Meat & Beans Group

- ◆ 1 ounce lean meat, fish or poultry (a deck of cards is about 3 ounces, which is a good guideline for how much to eat at a meal)
- ◆ 1 egg
- ◆ 2 tablespoons hummus = ping-pong ball
- ◆ 1 tablespoon peanut butter = thumb tip
- ◆ 1 sandwich slice lean turkey meat
- ◆ 7 walnut halves
- ◆ ½ cup split pea or bean soup = computer mouse
- ◆ ¼ cup cooked beans = golf ball
- ◆ ¼ cup tofu = golf ball

Foods to Super-Size

- ◆ **Vegetables:** 1 cup of raw vegetables is only 50 calories, leaving plenty of room for light seasonings or dips.
- ◆ **Fruits:** 1 cup of fruit is only 120 calories. You can add fruits to any dish or eat them on their own.
- ◆ **Whole Grains:** Make half your grains whole. Whole grains provide fiber which helps you feel fuller longer and provides heart health benefits.

These count as 1 cup:

Fruit Group

- ◆ 1 cup fresh, frozen or canned fruit = baseball or woman's fist
- ◆ 1 cup 100% fruit juice = baseball or woman's fist
- ◆ ½ cup dried fruit = computer mouse
- ◆ 1 small apple (½ large apple)
- ◆ 32 seedless grapes
- ◆ 1 large peach or orange
- ◆ 1 small wedge watermelon
- ◆ 8 large strawberries
- ◆ 1 medium whole grapefruit

Milk Group

- ◆ 1 cup milk, yogurt or pudding = baseball or woman's fist
- ◆ 1½ ounces hard cheese = 4 stacked dice
- ◆ 1 half-pint carton milk
- ◆ 1 (8-ounce) carton yogurt
- ◆ 3 slices American cheese



Vegetable Group

- ◆ 1 cup fresh, frozen or canned vegetables = baseball or woman's fist
- ◆ 12 baby carrots
- ◆ 1 large baked sweet potato
- ◆ 1 cup cooked red or pinto beans = baseball or woman's fist
- ◆ 3 spears broccoli
- ◆ 2 cups raw spinach

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References: The Food Guide Pyramid, USDA Home and Gardens Bulletin #252; Nibbles for Health 41-A, USDA, Food and Nutrition Service; Making Sense of Portion Sizes, compiled by Ellen Schuster, Oregon State University Extension Service, 3/97; The Power of Choice, USDA, Food and Nutrition Service, 1/03.