



Food Group Serving Sizes

Serving Sizes and MyPyramid Recommendations

BREADS, CEREALS, AND OTHER GRAIN PRODUCTS	
What counts as 1 ounce of grains?	
1 slice bread	½ bun, bagel, or English muffin
½ c cooked cereal, rice, or pasta	1 small roll, biscuit, or muffin
1 c ready-to-eat cereal	3 to 4 small or 2 large crackers
VEGETABLES	
What counts as 1 cup of vegetables?	
1 cup of raw or cooked vegetables or vegetable juice	1 cup tofu
2 cups of raw leafy greens	1 medium baked potato, 20 French fries
1 cup cooked dry beans and peas (such as pinto beans or split peas)	
FRUITS	
What counts as 1 cup of fruit?	
1 cup of fruit or 100% fruit juice	1 small apple
½ cup of dried fruit	1 medium pear, grapefruit
1 large banana, orange, peach	32 seedless grapes
MEAT, POULTRY, FISH, AND ALTERNATES	
What counts as 1 ounce of meat or meat equivalent?	
1 ounce of meat, poultry or fish	1 tablespoon of peanut butter
¼ cup cooked dry beans, 1 falafel almonds, patty (2 ¼", 4 oz)	½ ounce of nuts or seeds (12 pistachios, 7 walnut halves)
1 egg	¼ cup (about 2 ounces) of tofu,
12 Tbsp. hummus	1 oz tempeh, cooked
MILK, YOGURT, AND, CHEESE	
What counts as 1 cup of milk?	
1 c milk or yogurt	1/3 c shredded cheese
2 oz process cheese food	2 slices Swiss
cheese 1½ oz cheese	
OILS	
What counts as 1 teaspoon of oil?	
1 teaspoon vegetable oil (soy, corn, dressing, peanut, and sesame)	1 tablespoon mayonnaise type Italian dressing
1¼ teaspoon mayonnaise	8 large canned olives
FATS, SWEETS, AND ALCOHOLIC BEVERAGES	
<ul style="list-style-type: none"> • Foods high in fat include margarine, salad dressing, oils, mayonnaise, sour cream, cream cheese, butter, gravy, sauces, potato chips, chocolate bars. • Foods high in sugar include cakes, pies, cookies, doughnuts, sweet rolls, candy, soft drinks, fruit drinks, jelly, syrup, gelatin, desserts, sugar, and honey. • Alcoholic beverages include wine, beer, and liquor. 	