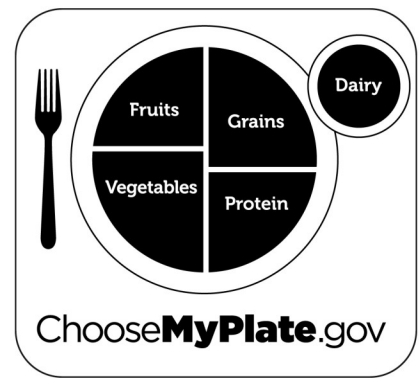


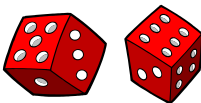
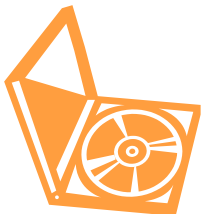
# How Much is Your Serving?

Compare the servings sizes of MyPlate to what you usually eat in a day.

Use <http://www.ChooseMyPlate.gov> to determine how many servings of each your calorie needs recommend.



Food Group	Food	Standard Serving Size	What It Looks Like
<b>Dairy Foods</b> Keep most low fat	Milk	1 cup, 8 ounces	A <i>small</i> carton of milk
	Cheese, natural	1 1/2 oz	2—9 volt batteries
	Cheese, processed	2 oz	A CD case
	Yogurt	1 cup, 8 oz	A baseball
<b>Proteins</b> Eat a variety Lower fat, cholesterol	Meat	2-3 ounces	A deck of cards
	Chicken	2-3 ounces	The palm of a woman's hand
	Fish	2-3 ounces	A deck of cards
	Beans	1 cup, 2 oz	A Baseball
	Peanut Butter	1 oz, 2 Tbsp	A golf ball
	Nuts	1 oz	A small mint tin
Eggs	1 medium	1 medium egg	
<b>Vegetables</b> No Salt Added	Raw leafy greens	1 cup	A baseball, or a light bulb
	Cooked, chopped	1/2 cup	A small computer mouse
	French Fries	10 fries	A deck of cards
	Baked Potato	1 medium	A small computer mouse
<b>Fruits</b> Canned in light syrup	Fruit Juice	3/4 cup	2 golf balls
	Canned, cooked	1/2 cup	A small computer mouse
	Fresh, whole	1 medium	A baseball
	Dry Fruit, raisins	1/4 cup	A golf ball
<b>Grains</b> At least half should be whole grain products	Bread	1 slice	A CD case
	Tortilla, pancake	1 medium	A CD case
	Dry Cereal	3/4 to 1 C	A baseball
	Pasta	1/2 cup	A CD case
	Rice	1/2 cup	A small computer mouse
	Muffin	1 small	A tennis ball
	Popcorn	2 cups	2 baseballs
<b>Fats, Oils</b> Oils are better	Salad Dressing	1 tablespoon	2 dice
	Potato Chips	1 oz	15-20 chips
	Margarine, Butter	1 tsp	1 die, 10 dimes



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