

# GOOD TO KNOW

Relating the portion size of a serving to everyday items is an easy way to visualize what a true portion size looks like. Examples for 1 serving:

## Grain products (6–11 servings are recommended daily)



1 slice of bread



1 cup of ready-to-eat cereal



$\frac{1}{2}$  cup of cooked pasta



$\frac{1}{2}$  cup of cooked rice

## Vegetables (3–5 servings are recommended daily)



1 cup of salad greens



1 baked potato



$\frac{1}{2}$  cup of cooked vegetables



$\frac{1}{2}$  cup of tomato juice

## Fruits (2–4 servings are recommended daily)



1 medium apple



$\frac{1}{4}$  cup of fruit juice



$\frac{1}{2}$  cup of chopped or canned fruit



$\frac{1}{4}$  cup of raisins

## Meat, alternatives and beans group (2–3 servings are recommended daily)



$\frac{1}{4}$  pound hamburger



90g grilled/baked fish



1 cup of cooked beans



2 tablespoons of peanut butter

## Milk group (2–3 servings are recommended daily)



1 cup of yogurt



1 scoop of ice cream



1  $\frac{1}{2}$  ounce cheese



8-ounce (230g)

1 cup of milk