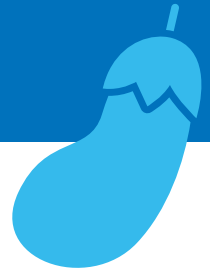


# SERVING Sizes



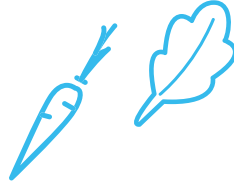
## Non-Starchy Vegetables

**1 serving of vegetables = 1/2 cup cooked vegetables or 1 cup raw vegetables**

Make half your plate non-starchy vegetables

**Examples of non-starchy vegetables:**

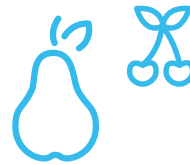
- Carrots
- Celery
- Cucumber
- Lettuce
- Broccoli
- Green beans
- Peppers
- Tomatoes
- Zucchini
- Summer squash
- Spinach
- Snap peas



## Fruits

**1 serving of fruit = 1 cup fresh fruit, 1 cup 100% fruit juice, or 1/2 cup dried fruit**

- Focus on whole fruits or cut-up fruits as they provide fiber
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup
- Read food labels on canned, frozen, or dried fruit to avoid added sugars



## Starchy Vegetables and Grains

**Make 1/4 of plate starch or grain**

1 serving of starchy vegetables = 1/2 cup

**Starchy Vegetables include:**

- Corn
- Green peas
- Plantain
- Potatoes
- Winter squash (acorn, butternut)
- Yam/sweet potato



**Grain foods include:**

- Breads, English muffin, bagel, tortillas, buns/rolls, pita, biscuits, cornbread, muffins, pancakes/waffles
- Cereals (cold and cooked), granola
- Pasta/noodles, rice, grits, quinoa, bulgur, farro
- Crackers, popcorn, chips, and other snack foods



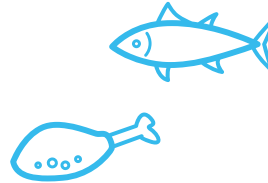
# Protein Foods

**Aim for 3-4 ounces of protein per meal for approx. 25 grams of protein**

3-4 ounces is about the same size of your palm or deck of cards

**Serving sizes of protein foods:**

- 3-4 ounces Chicken/turkey, fish/ shellfish, beef, or pork
- 4-5 ounces Tofu/tempeh
- 6 ounces Greek yogurt
- 1/2 cup cottage cheese or ricotta cheese
- 1/2 cup cooked beans (such as black, kidney, pinto, or white beans)
- 1/2 cup cooked peas (such as chickpeas, lentils)
- 2 Eggs
- 1 ounce nuts and seeds
- 2 Tbsp Peanut Butter
- 2 Tbsp Hummus



# Dairy

**1 serving of dairy is:**

- 8 ounces fat-free (skim) or low-fat (1%) milk
- 8 ounces Lactaid or lactose-free milk
- 8 ounces soy milk
- 1 cup non-fat yogurt (non-Greek)
- 1 ounce cheese \*
- 1/4 cup shredded cheese \*
- 1 string cheese \*

**Dairy also provides about 8 grams of protein per serving**

\*Choose reduced-fat, part-skim, or light when possible

