

What is a Serving Size?

Food Group	Serving Size
<p>Starch</p> <p>6-11 servings daily</p> <p>Starches include bread, cereal, grain, pasta, crackers, starchy vegetables. Whole grains recommended.</p>	<p>Breads:</p> <ul style="list-style-type: none"> 1 slice bread ½ hotdog bun, hamburger bun, or bagel 1 4-inch pancake (¼ inch thick) 1 plain, small roll 1 slice raisin bread, unfrosted 1 6-inch tortilla (flour or corn) <p>Cereals and Grains:</p> <ul style="list-style-type: none"> ¾ cup unsweetened cereal ½ cup sugar-frosted cereal ½ cup cooked cereal (oatmeal, grits, cream of wheat) ¼ cup low-fat granola 1/3 cup pasta or rice <p>Starchy Vegetables:</p> <ul style="list-style-type: none"> 1 small baked potato ½ cup mashed potato, yam, or sweet potato 1/3 cup baked beans ½ cup corn or dried peas <p>Crackers and Snacks:</p> <ul style="list-style-type: none"> ¾ oz potato chips or pretzels 8 animal crackers 24 oyster crackers 2 4-inch rice cakes 6 Saltine-type crackers 2-5 whole-wheat crackers, no fat added <p>On Nutrition Facts Label, look for “Total Carbohydrate”. 15 grams = 1 serving.</p>
<p>Fruit</p> <p>2-4 servings daily</p> <p>The fruit group includes fresh, frozen, canned, and dried fruits.</p>	<ul style="list-style-type: none"> 1 small piece whole fruit ½ cup canned fruit ¼ cup dried fruit ½ cup unsweetened fruit juice
<p>Dairy</p> <p>2-3 servings daily</p> <p>The dairy group includes milk and yogurt.</p>	<ul style="list-style-type: none"> 1 (8oz.) cup skim or 1% milk 2/3 cup yogurt, low-fat or fat-free

Vegetables

3-5 servings daily

Vegetables in this group should be non-starchy.

1 cup raw or leafy greens
½ cup cooked vegetables
½ cup vegetable juice

Non-starchy vegetables include: artichokes, asparagus, green beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, greens, mushrooms, okra, onions, peppers, radishes, salad greens, spinach, summer squash, tomatoes, turnips, zucchini

Protein

2-3 servings daily

The protein group contains meat, fish, poultry, cheese, eggs, and peanut butter. Choose lean meats whenever possible.

1 oz. cheese
1 egg or ¼ cup egg substitute or 2 egg whites
2 Tbsp. peanut butter
1 oz. meat, poultry, or fish
4 oz. or ½ cup tofu

Fats

Use sparingly

Fats include margarine, salad dressing, nuts, seeds, oil, mayonnaise, shortening, and sour cream. Choose more unsaturated fats.

Monounsaturated Fats:

2 Tbsp. avocado
1 tsp. canola, olive, or peanut oil
6 almonds or cashews
4 pecan halves

Polyunsaturated Fats:

1 tsp. stick, tub, or squeeze margarine
1 tsp. mayonnaise, regular
1 Tbsp. mayonnaise, reduced fat
1 tsp. corn, safflower, or soybean oil
1 Tbsp. salad dressing, regular
2 Tbsp. salad dressing, reduced fat
1 Tbsp. pumpkin or sunflower seeds

Saturated Fats:

1 tsp. butter
2 Tbsp. sweetened, shredded coconut
1 Tbsp. cream cheese, regular
1-1/2 Tbsp. cream cheese, reduced-fat
2 Tbsp. sour cream, regular
3 Tbsp. sour cream, reduced fat

Free Foods

“Free foods” will not appear on your meal plan because they do not contribute a significant amount of calories to your diet when used in moderation.

1 Tbsp. fat-free cream cheese, mayonnaise, or salad dressing
Spices/herbs, garlic, Hot pepper sauce
Sugar substitutes
Sugar-free gelatin
Mustard, Ketchup (1 Tbsp.)
Diet soft drinks, drink mixes, unsweetened coffee, unsweetened tea
Lemon/lime juice