What’s A Serving of Fruits & Vegetables?

The National Cancer Institute’s 5 A Day program defines one serving as:

- 3/4 cup (6 oz) of 100% fruit, or vegetable juice
- One medium fruit
- 1/2 cup cut-up fruit
- 1/4 cup dried fruit
- 1/2 cup raw or cooked vegetables
- 1 cup raw, leafy vegetables
- 1/2 cup dried, cooked or canned peas or beans

Quick Meals and Snacks

Breakfast: 6 oz fruit juice, 1 cup yogurt topped with 1/2 cup dry cereal or granola, coffee or tea.

Lunch: Pita pocket or rolled tortilla with 2 oz cheese, 1/2 cup sliced veggies with 2 Tablespoons low-fat dressing, 1 cup non-fat milk, 1 apple.

Dinner: 3 oz broiled chicken or fish; 1 medium baked potato; 1/2 cup broccoli; 1 cup leaf lettuce, 1 cup veggies & tomato topped with 2 Tablespoons light dressing; 6 oz. fruit juice mixed with seltzer water; 2 medium oatmeal cookies.

The Benefits of Selecting Sensible Portion Sizes are:

1. Reduces amounts eaten at meals and for snacks.
2. Provides awareness of the importance of amounts of food relative to calories consumed.
3. Helps adults and youth achieve a healthy weight and maintain that weight.
4. Adds more variety to the diet with smaller portions by following the recommendations of The Food Guide Pyramid and The Dietary Guidelines for Americans.
5. Helps to lower overall caloric intake by moderating portion sizes, which lowers total fat and sugar in the diet.
6. Encourages a reasonable intake of food daily in a society that overeats often.
The Food Guide Pyramid can help you eat a more nutritious diet but, making sense of portion sizes is often difficult. One way to improve your understanding of portion sizes is to compare them with common objects. By using everyday examples, you can choose sensible portions of food. By eating the correct portion size of food, your caloric intake will be more appropriate for your body size. Knowing how much you have eaten can help you decide whether you want more food or have had enough.

### Individual Serving Sizes

#### Bread, Cereal, Rice & Pasta Group
- 1/2 cup rice, pasta or cereal...rounded handful
- 1 pancake or slice of bread..... a compact CD
- 1/2 burger roll or bagel.............a compact CD
- 3 to 4 crackers

#### Vegetable and Fruit Groups
- 1/2 cup chopped vegetables or fruit............. rounded handful
- 3/4 cup vegetable or fruit juice....3 golf balls
- 1 cup salad greens..................a tennis ball
- 1 baked potato......................a tennis ball
- 1/4 cup raisins or dried fruit.........1 golf ball
- 1 medium apple, banana, tomato, or other vegetable or fruit..............................a fist

#### Milk, Yogurt, Cheese Group
- 1 1/2 ounce of cheese...............3 dominoes
- 1 cup milk or yogurt, ..................a tennis ball
- 3 ounces cooked meat, fish, poultry ..........
- 2 eggs
- 2 Tablespoons peanut butter......ping pong ball
- 1/2 cup nuts........................2 ping pong balls
- 1 cup cooked dried beans..........a tennis ball

#### Fats, Oils, and Sweets
- 1 Teaspoon butter or margarine..postage stamp
- 1 Tablespoon salad dressing.........thumb tip

#### Snack Foods
- 1 ounce nuts or small candies.....one handful
- 1 ounce of chips or pretzels......two handfuls