



HOW MANY?

What makes a serving?
How Many Servings Do I
Need Each Day?

Grains: 5-6 Servings

1 serving =

- **1 cup of cereal**
- **1 slice of bread**
- **½ cup cooked oatmeal**
- **1 pancake**
- **½ cup cooked pasta**
- **½ cup cooked rice**
- **1 small tortilla**

**Remember to make
half of your
grains for the day
whole grains!**

✓ **Oatmeal**

✓ **Brown rice**

✓ **Wheat bread**

✓ **Wheat pasta**

✓ **Wheat tortilla**

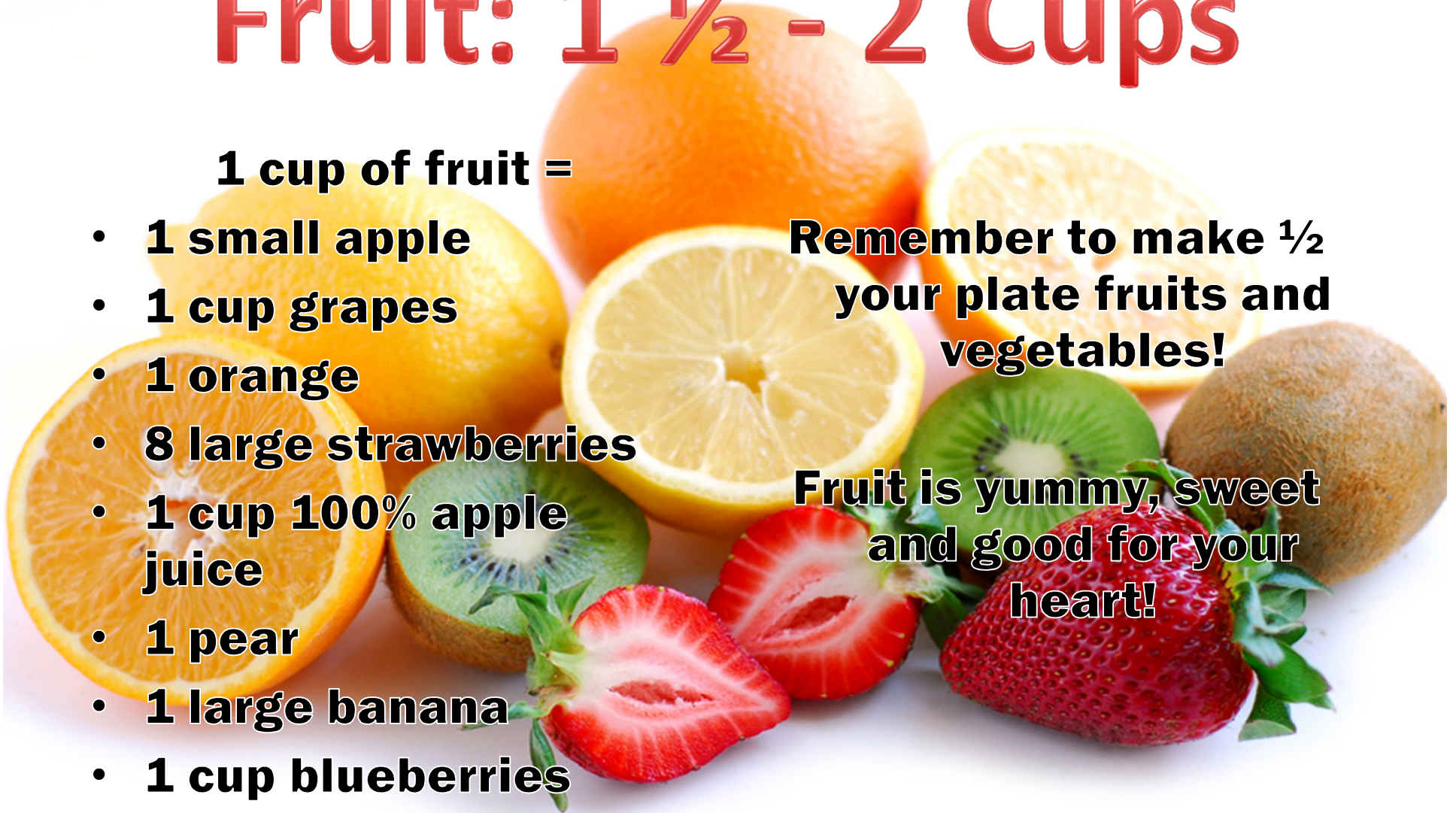
Fruit: 1 ½ - 2 Cups

1 cup of fruit =

- **1 small apple**
- **1 cup grapes**
- **1 orange**
- **8 large strawberries**
- **1 cup 100% apple juice**
- **1 pear**
- **1 large banana**
- **1 cup blueberries**

**Remember to make ½
your plate fruits and
vegetables!**

**Fruit is yummy, sweet
and good for your
heart!**



Vegetables: 2 ½ - 3 Cups

1 cup of vegetables =

- **1 cup broccoli**
- **1 cup cooked spinach**
- **12 baby carrots**
- **1 large sweet potato**
- **2 large stalks of celery**
- **1 cup cut tomatoes**
- **1 large red pepper**

Veggies are full of vitamins and minerals that help keep you moving.

Vegetables keep your eyes, skin and body healthy!

Dairy/Milk: 3 Cups

A brown pitcher with a handle is pouring white milk into a blue cup. The pitcher has a large, light brown circular area on its side containing text. The cup is partially filled with milk.

1 cup of dairy =

- **1 cup of milk**
- **1 cup of yogurt**
- **1/3 cup shredded cheese**
- **1 slice of cheese**
- **1 cup soy milk**

Dairy foods have calcium in them that keeps your teeth and bones strong!

Look for low-fat dairy choices:

- **Low-fat yogurt**
- **Fat free or 1% milk**
- **Reduced fat cheese**

Protein: 5 Ounces

- **1 small steak = 4 ounces**
- **1 small chicken leg = 2 ounces**
- **1 can of tuna = 4 ounces**
- **1 egg = 1 ounce**
- **12 almonds = 1 ounce**
- **1/2 cup cooked beans = 1 ounce**
- **1 small hamburger = 3 ounces**

Protein keeps your muscles strong and helps you stay full until your next meal.

Some protein sources that are good for your heart:

- **Fish**
- **Lean cuts of meat**
- **Nuts and seeds**