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
- 1/2 cup cooked oatmeal
- 1 pancake
- 1/2 cup cooked pasta
- 1/2 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

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
- ½ 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