

REFERENCE: PORTION SIZES VS. SERVING SIZES

Brought to you by *Meatless Monday*

The following chart spells out serving sizes by caloric needs:

	Children ages 2-6, women, some older adults: need 1600 calories	Older children, teen girls, active women, most men: need 2200 calories	Teen boys and active men: need 2800 calories
Grains Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Dairy Group**	2-3*	2-3*	2-3*
Meat and Beans Group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

* 9-18 year-olds and adults over 50 need 3 servings daily; others need 2 servings.

** Includes lactose-free milk products and soy-based beverages with added calcium.

*** Some foods fit into more than one group. These "cross-over" foods can be counted as servings from either one or the other group, but not both.

How much is in a Serving?

Grains Group:

- 1 slice white bread
- 1 cup ready-to-eat cereal
- cup ready-to-eat cereal
- cup cooked cereal, rice or pasta
- 1 medium potato

Vegetable Group:

- 1 cup raw leafy vegetables or salad vegetables
- cup other vegetables
- cup cooked vegetables
- cups vegetable juice

Fruit Group:

- 1 apple, banana, orange or pear
- cup chopped, cooked or canned fruit
- cup fruit juice

Dairy Group:

- 1 cup milk or yogurt
- 1 ounces cheese (like Cheddar)
- 2 ounces processed cheese (like American)

Meat and Beans Group:

- 2-3 ounces cooked lean meat, poultry or fish
- cup beans or tofu
- 2 tablespoons peanut butter or 1/3 cup nuts
- 1 egg