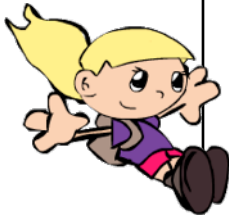


The Food Groups: What makes a Serving?

In each food group, look at these different Food Guide My Plate examples of the serving size, showing 1 healthy serving of each food group. How do these compare with what your portions look like?



Grains Food Group

- 1 slice bread, waffle or pancake
- ½ bagel, hamburger bun, or English muffin
- ½ cup cooked rice, pasta or cereal
- 1 cup ready to eat cereal

Vegetables Food Group

- ¾ cup (6 fluid ounces) 100% vegetable juice
- 1 cup raw, leafy vegetables or salad
- ½ cup cooked or canned vegetables

Fruits Food Group

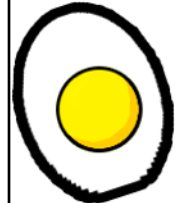
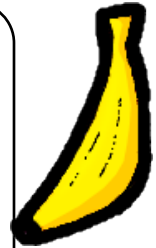
- 1 medium apple, orange or banana
- ½ cup fruit (canned, cooked or raw)
- ½ cup (4 fluid ounces) 100% fruit juice
- ¼ cup dried fruit (raisins, apricots or prunes)

Milk Food Group

- 1 cup milk or yogurt
- 2 ounces processed cheese (American)
- 1 ½ ounces natural cheese (cheddar)

Meat and Beans Food Group

- 1 tablespoons of peanut butter counts as 1 ounce
- ¼ cup nuts or 20-24 almonds
- 1 medium size egg
- 2-3 ounces of poultry, meat or fish (2-3 servings)
- ¼ cup of beans



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