



| <b>MyPyramid Group</b> | <b>Serving Sizes and Equivalents</b>  | <b>Portion Sizes Guide</b>   |
|------------------------|---|--|
| Grains                 | <p><b>1 oz equivalents =</b></p> <ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• 1 small muffin</li> <li>• 1 cup ready-to-eat cereal flakes</li> <li>• 1/2 cup cooked cereal, rice, grains, or pasta</li> <li>• 1 6-inch tortilla</li> </ul> | <ul style="list-style-type: none"> <li>• 1/2 cup of rice = an ice cream scoop or one-third of a soda can</li> <li>• 1 cup pasta = a small fist or a tennis ball</li> <li>• 1–2 oz muffin or roll = plum or large egg</li> <li>• 1 oz bagel = hockey puck or yo-yo</li> <li>• 1 tortilla = diameter of a small plate</li> </ul>   |
| Vegetable              | <p><b>1/2 cup or equivalent (1 serving) =</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup raw or cooked vegetables</li> <li>• 1 cup raw leafy salad greens</li> <li>• 1/2 cup vegetable juice</li> </ul>   | <ul style="list-style-type: none"> <li>• 1/2 cup cooked vegetables = an ice cream scoop or one-third of a soda can</li> <li>• 1/2 cup juice = one-third of a soda can</li> <li>• 1 medium potato = computer mouse</li> </ul> <p>The following count as 1 cup:<br/>           3 broccoli spears, 1 large tomato,<br/>           1 ear of corn, 12 baby carrots,<br/>           2 large celery stalks, 1 medium potato</p> |
| Fruit                  | <p><b>1/2 cup or equivalent (1 serving) =</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup fresh, canned, or frozen fruit</li> <li>• 1/2 cup fruit juice</li> <li>• 1 small whole fruit</li> <li>• 1/4 cup dried fruit</li> </ul>                         | <ul style="list-style-type: none"> <li>• 1 medium fruit = baseball</li> <li>• 1/2 cup fruit = an ice cream scoop or one-third of a soda can</li> <li>• 1/2 cup juice = one-third of a soda can</li> </ul> <p>The following count as 1 cup: 1 large banana, 8 strawberries, 32 grapes, 12 melon balls, 1/4 medium cantaloupe</p>  |
| Milk                   | <p><b>1 cup or equivalent =</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk or yogurt</li> <li>• 1-1/2 oz natural cheese</li> <li>• 2 oz processed cheese</li> </ul>  | <ul style="list-style-type: none"> <li>• 1 oz cheese = your thumb, 4 dice, or an ice cube</li> </ul>   |
| Lean Meat and Beans    | <p><b>1 oz equivalents =</b></p> <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or fish</li> <li>• 1/4 cup cooked dry beans or tofu</li> <li>• 1 egg</li> <li>• 1 tablespoon peanut butter</li> <li>• 1/2 ounce nuts or seeds</li> </ul>    | <ul style="list-style-type: none"> <li>• 3 oz chicken or meat = deck of cards or an audiocassette tape</li> <li>• 1/2 cup cooked beans = an ice cream scoop or one-third of a soda can</li> <li>• 2 tablespoons peanut butter = a Ping-Pong ball or large marshmallow</li> <li>• 1/4 cup seeds = golf ball</li> </ul>  |
| Oils                   | <p><b>1 teaspoon or equivalent =</b></p> <ul style="list-style-type: none"> <li>• 1 teaspoon vegetable oil</li> <li>• 1 tablespoon salad dressing or light mayonnaise</li> </ul>  | <ul style="list-style-type: none"> <li>• 1 teaspoon margarine = tip of thumb</li> </ul>  |