

# Serving Sizes Cheat Sheet

## Carbohydrates: Bread, Cereal, Rice & Pasta Group: (80kcal/serving)

### 1 Carbohydrate serving =

1 slice of bread	1/2 cup flaked cereal
1oz of ready to eat cereal	1/2 cup of cooked cereal
1/2 cup of cooked rice or pasta	1/2 bagel (3.5")
1/2 large baked potato	1/3 cup couscous
1/2 cup corn	1/2 cup peas
1/4 cup baked beans	1/3 cup kidney beans
2 taco shells (6in)	3 cups of cooked popcorn
6 saltines	1 slice of angel food cake
1 biscuit	1/2 hot dog or hamburger bun
1 cup clam chowder	3 small fat-free cookies
2" piece of corn bread	1 corn on the cob
3 graham crackers	6 butter crackers
1 dinner roll	1/2 english muffin
1 small muffin	1 small pancake
3 cups popped popcorn	1/2 pita
3 hard pretzels	10 pretzel sticks
2 rice cakes	4 ounces spaghetti sauce
2 pieces of licorice	1/2 cup yams
1 granola bar	5 animal crackers
1 small waffle	3 fig newtons
3/4 cereal bar	1/2 cup stuffing
1/2 cup mashed potatoes	2 rice cakes
1/4 large bagel (4.5")	2 Bread Sticks 4in long
1 Pita 6 in across	1/4c granola
1 flour Tortilla 7-8 in across	1/4c grape nuts
1 1/2 cups puffed cereal	1/2 c sugar frosted cereal
1 tablespoon honey	1 Fruit snack (1 roll)
1/2 Acorn Squash	1/2 cup cooked barley
1/2 medium sweet potato	1 cup butternut squash
1/4 cup hummus	1 medium white potato
1/2 large whole wheat pita	

## Vegetable Group: (25kcal/serving)

### 1 Vegetable serving =

1 cup of raw leafy vegetables	1 cup tomato juice
Artichoke, 1 small	1 cup zucchini
1 cup of V-8 juice	3/4 cup bean sprouts
1/2 cup steamed broccoli 1cup raw	1cup eggplant
1 cup steamed cabbage, 2 cups raw	5 raw mushrooms
1/4 chopped onion	1/2 cup green beans
1 cup yellow squash	1 cup asparagus, 10 spears
1/3c boiled beets	1c cooked/raw cauliflower
1/2 cup steamed greens (collards, kale)	1/2 cup steamed okra
1/2 cup raw green, yellow, red peppers	1 med tomato
2 cups raw turnips	1/2 cup salsa

### Vegetables that can be eaten in unlimited quantity

Celery, cucumber, lettuce, radish, and watercress

## Fruit Group: (60kcal/serving)

### 1 Fruit serving =

1 medium size piece of fruit such  
as an apple, banana, or orange, peach, pear  
¼ cup of dried fruit  
½ cup of apple juice  
8 halves of dried apricots  
¾ cup canned grapefruit  
3 teaspoons jelly preserves  
1 avocado  
½ cup grapes  
2 medium plums  
2 Tbsp raisins  
1 cup honey dew melon  
¾ cup mandarin oranges  
1 cup raspberries  
½ cup grapefruit juice  
2 small nectarines  
1 cup blackberries  
¾ whole mango

½ cup of canned fruit  
½ cup of chopped raw  
fruit  
½ cup of applesauce  
12 fresh cherries  
½ cup of pears  
½ cup fruit salad  
¾ cup blueberries  
1 fig bar  
¾ cup pineapple  
½ cup fruit cocktail  
2 Kiwi  
1 ¼ cup watermelon  
½ cup orange juice  
1/3 cup prune juice  
4 med apricots  
½ med cantaloupe  
2 cups watermelon chunks

## Milk, Yogurt, & Cheese Group: (90-150kcal/serving)

### 1 Dairy serving =

1 cup of milk (skim, 1%, 2%)  
1 cup of plain yogurt  
2 ounces of mozzarella cheese  
1 cup nonfat cottage cheese

1.5 oz of natural cheese  
½ cup of evaporated  
skim milk  
¾ 2% cottage cheese

## Protein: Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group: (35-100kcal/serving)

### 1 Protein serving =

#### Low Fat

1 ounces of fish  
1 ounce shellfish  
¼ cup of egg substitute  
1 ounce chicken  
1 ounce turkey  
2 egg whites  
1 ounce shrimp or tuna fish

#### Medium Fat

1 ounce ground round or ground chuck  
¼ cup tofu

#### High Fat

1 ounce of beef  
1 ounce ham  
1 tablespoon peanut butter  
1 ounce of nuts  
2 sausage links

## Vegetable Protein + 1 Starch

½ cup of black beans  
½ cup cooked kidney beans  
½ cup black eyed peas  
½ cup cooked white beans  
¾ cup cooked green peas

½ cup cooked red beans  
½ cup cooked lentils  
1/3 cup cooked soy beans  
½ cup cooked garbanzo bean

## Fats: (45kcal/serving)

### 1 Fat serving =

1 tsp oil (canola, olive, peanut)

8 large olives

1 tsp margarine  
1 Tbsp reduced fat mayonnaise  
1 Tbsp cream cheese  
1 tsp butter  
1 Tbsp Sunflower seeds  
1 tsp Flax oil  
6 whole small cashews  
½ Tbsp cashew butter

1tsp mayonnaise  
1 Tbsp salad dressing  
2 Tbsp sour cream  
6 whole small walnuts  
½ Tbsp Almond butter  
6 whole small pecans  
1/8 med avocado