





WHAT IS A PORTION?





Each day, aim for:

What counts as...




6 ounces of grains

1 ounce is  =  =  = 
 1 slice of bread ½ cup cooked pasta or rice the size of a mouse

2 ½ cups of vegetables

½ ounce is  =  =  = 
 ½ cup of vegetables 1 cup of salad


2 cups of fruit

1 cup is  =  = 
 1 small fruit 8 oz. of 100% juice

3 cups of dairy

1 cup is  =  = 
 8 oz. of milk 8 oz. of yogurt 8 oz. of cheese

6 ounces of protein

3 ounces are  =  = 
 3 ounces of meat 3 ounces of cooked beans

Or...

Follow the MyPlate model

