

FOR YOUTH



What Is a Single Serving?

Your body needs different servings (or helpings) of food groups. This chart outlines what a single serving looks like in each group.

FOOD	SINGLE SERVING	LOOKS LIKE	SERVINGS PER DAY
VEGETABLES			
Chopped	1/2 cup	1/2 baseball or size of an ice cream scoop	3-5
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball/tennis ball or average adult fist	
Vegetable Juice	1/2 to 3/4 cup		
FRUIT			
Whole/pieces	1 medium fresh piece or 1/2 cup chopped, canned, or frozen	1 tennis ball	2-4
Juice	1/2 cup	1 scoop ice cream	
Dried	1/4 cup	1 golf ball	
GRAINS			
Pasta, Rice, Bread, Hot Cereal (such as oatmeal)	1/2 cup of cooked cereal, rice or pasta 1 medium potato 1 slice of bread 2 handfuls of baked chips or pretzels	1/2 baseball Computer mouse Hockey puck	6-11
Cold Cereal	1 oz., which varies from 1/4 cup to 1 1/4 cup (check label)	<i>(Note: Most bagels sold in stores are equal to about 5 slices of bread—equals 4-6 servings!!)</i>	
MEAT/PROTEIN			
Meat, Chicken or Fish	3 oz. (boneless, cooked weight from 4 oz. raw)	Deck of cards or a checkbook	2-3 (for a total of 6-7 ounces)
Tofu	3 oz.	Deck of cards	
Beans (kidney, white, split, blackeye)	1/2 cup cooked (about 5 tablespoons)*	1/2 baseball or small handful	
Nuts and Seeds	2 tablespoons peanut butter* or 1/3 cup nuts	A golf ball	
Eggs	1 egg*	<i>(Limit egg yolks to 4 a week)</i>	
DAIRY <i>(Choose nonfat or lowfat)</i>			
Milk	1 cup (8 oz. glass)	1 small yogurt container	2-3
Cheese	1 1/2 ounces	1 oz. looks like four dice put together	
Yogurt	1 cup	2 scoops of ice cream	

* equals 1 ounce meat

Adapted from:

1) Severson, Kim. The Obesity Crisis, Perils of portion distortion: Why Americans don't know when enough is enough. San Francisco Chronicle. 3.7.04.

2) Recommendations per Dietary Guidelines for Americans, 2000. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, The Food Guide Pyramid, Home and Garden Bulletin Number 252, 1996.

* Available in Spanish, Chinese and Vietnamese at www.ahwg.net