



Serving Size Cheat Sheet

Eating a variety of foods can help you consume a balance of nutrients. And while choosing nutritious foods from all the food groups is an important part of eating well, the quantity, or amount, of these foods is also important. When used with personalized recommendations from a registered dietitian nutritionist, USDA MyPlate serving sizes can help provide guidance about how much to eat from each food group.

MyPlate servings are often listed in cups, tablespoons or ounces. Weighing or measuring your food may not always be convenient. When you can't measure, use this guide to estimate serving sizes of various foods using everyday objects.



Baseball
~1 cup

Berries

Melon, cut up

Small fruit
(like an apple)

Non-leafy vegetables
(like broccoli), fresh
or cooked

Carrots, raw or cooked
(12 baby carrots)

Ready-to-eat-cereal,
flakes or rounds

Yogurt or Milk



Small
Matchbook
~1 oz

**Meat, Fish or
Poultry**



Domino
~1.5 oz.

Hard cheese



Mason Jar
~2 cups

Leafy vegetables
(like spinach), raw



Computer
Mouse

Potato, boiled or
baked, 1 medium (2
1/2" to 3" diameter)



Hockey Puck

Bagel, 1-inch
mini bagel



DVD Case

Bread (like whole
wheat), 1 regular
slice



Cupcake Liner
~ 1/2 cup

Oats, cooked

Pasta or Rice,
cooked

**Crackers or
Pretzels**

Avocado,
cubed



Ping Pong Ball
~2 Tbsp.

Almonds, 12 nuts

Cashews, 9 nuts

Seeds (chia,
sunflower, etc)



Poker Chip
~1 Tbsp.

Olive oil

Peanut butter

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A registered dietitian nutritionist can help provide personalized recommendations for how many USDA MyPlate servings of each food group you should consume each day. Use the worksheet below to map out your daily recommendations.

Fruits	Vegetables	Grains	Protein	Dairy	Fats & Oils

While serving sizes can help guide your food decisions, it's okay to eat more or less than one serving of a food at a time to meet your needs. The goal is to meet the total recommended servings over the course of the day. For example, if you make a bowl of oatmeal using a 1/2 cup of dry oats (makes 1 cup cooked), then you are consuming 2 MyPlate servings of grains, which are counted toward your daily total. Below are two ways to enjoy a bowl of oats to demonstrate how the ingredients would be counted as MyPlate servings.

Oat Bowl: 2 Ways

Sweet: Oatmeal with Berries and Nut Butter



1/2 cup dry oats
2 grain servings



1 cup low- or non-fat milk
1 dairy serving



1 cup berries
1 fruit serving



1 Tbsp nut butter
1 protein serving



1/2 tsp cinnamon
BONUS flavor

Savory: Oatmeal with Eggs, Spinach and Cheese



1/2 cup dry oats
2 grain servings



1 cup low sodium or no salt-added broth
BONUS flavor



1.5 oz low- or non-fat cheese
1 dairy serving



1 cup baby spinach
1/2 vegetable serving



1 egg
1 protein serving

Date _____

Personalized recommendations courtesy of _____