



Figure 4.9

Learning about Serving Sizes

Starch 1 serving = 80 calories

- 1 Slice Whole Grain Bread
- 1/3 c. Cooked Pasta
- 1/3 c. Cooked Rice
- 1/4 Whole Wheat Bagel
- 1/2 English Muffin/Bun/Pita
- 1 Tortilla (7 inch)
- 1/2 c. Cooked Cereal
- 3/4 c. Cold Cereal
- 1/4 Lg. Potato
- 1/2 c. Sweet Potato
- 3 c. Popcorn, Unbuttered
- 1/2 c. Corn/Peas
- 6 Crackers (saltine type)

Fruit 1 serving = 60 calories

- 1 small Fruit (orange, apple, etc.)
- 1/2 c. Cut Fruit
- 1/2 c. Fruit Juice
- 1/4 c. Dried Fruit

Vegetable 1 serving = 25 calories

- 1 c. Raw
- 1/2 c. Cooked
- 1/2 c. Tomato or Vegetable Juice

Protein 1 serving = 35-100 calories

- 1 oz. Cooked Meat, Poultry or Fish
- 1/2 c. Beans, Peas, Lentils
- 1 Egg or 2 Egg Whites
- 1/4 c. Egg Substitute
- 1 oz. Low Fat Cheese
- 1/4 c. Low Fat Cottage Cheese
- 1/2 c. Tofu
- 1 oz. Water Packed Salmon or Tuna
- 1 T. Peanut Butter (all nut butters)

Dairy Protein 1 serving = 90-120 calories

- 1 c. Low Fat or Nonfat Milk
- 1 c. Low Fat Yogurt
- 1 c. Nonfat or Low Fat Buttermilk
- 1 c. Nonfat or Low Fat Soy Milk (calcium enriched)

Fat 1 serving = 45 calories

- 1 tsp. Oil, Butter, or Margarine
- 1 T. Regular Salad Dressing
- 2 T. Low Fat Salad Dressing
- 3 T. Low Fat Sour Cream
- 1.5 T. Low Fat Cream Cheese
- 2 T. Avocado
- 8 Olives
- 6 Nuts
- 1 T. Seeds
- 1 slice Bacon

Recommendations for a well-balanced diet

A healthy diet is *low in calories* and has a *good balance* between the different food groups. Follow these recommendations to help balance your diet.

- Eat at least five to nine servings of fruits and vegetables per day.
- Eat 25 to 30 grams of fiber per day (from fruits, vegetables, beans, whole grain breads, pastas, and cereals).
- Choose whole grains instead of refined, processed carbohydrates.
- Drink at least 64 ounces of water each day.
- Eat at least two servings of low-fat dairy each day (low-fat milk, cheese, etc).
- Choose more low-fat sources of protein (such as skinless chicken, turkey, and soy products) while choosing leaner cuts of beef and pork.
- Eat fish at least two times per week.
- Limit sodium intake to 2,400 milligrams per day or less.