

Know Your Serving Sizes

Recommended Daily Servings based on 2,000 calories a day:

Fruits & Veggies

7-10 servings per day



=

1 fruit or veggie



=

1/2 cup canned fruit



=

1 cup of salad

Grain Products

5-7 servings per day



=

1/2 cup of
pasta or cereal



=

1 slice of whole
wheat bread



=

1 cup whole
wheat flakes

Meat & Protein

2-3 servings per day



=

1 chicken breast



2 small eggs or 1 large egg



=

1/2 cup
cooked beans

Milk & Dairy

2-3 servings per day



=

3/4 cup of yogurt



=

1 ounce of cheese



=

1 cup of milk

Fats & Oils

2-3 tablespoons per day



=

1 tsp soft margarine



=

2 tbsp peanut butter