Healthy Eating Guide

**Dairy**
3 cups/day

**Protein**
5-6 oz equivalents/day

**Vegetables**
3-4 cups/day

**Fruit**
2 cups/day

**Grain**
3½-5 oz equivalents/day

The amounts of each food group are averages for a general adult diet. Please speak to your physician or consult a dietitian for a diet plan for you.
Dairy
3 cups/day
- Milk: 1 cup
- Yogurt: 1 cup
- Cheese: 1 1/2 oz or 1/3 cup shredded
- Cottage Cheese: 2 cups

Protein
5-6 oz equivalents/day
- Cooked or canned beans: 1/2 cup
- Egg: 1
- Cooked lean meat or poultry: 3 oz
- Peanut Butter: 1 Tbsp.

Vegetables
3-4 cups/day
- Raw vegetables: 1 cup
- Leafy greens: 2 cups
- Cooked vegetables: 1 cup
- Potato: 1 medium

Fruit
2 cups/day
- Berries: 1 cup
- Whole Fruit: 1 medium
- Dried Fruit: 1/2 cup
- 100% Fruit Juice: 1 cup

Grain
3 1/2-5 oz equivalents/day
- Cereal: 1 cup
- Bread: 1 slice
- Pasta: 1/2 cup cooked
- Flour or Corn Tortilla: 1 small (6 inches)

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