

Healthy Eating Guide

Dairy



3 cups/day



Protein



5-6 oz equivalents/day



Vegetables



3-4 cups/day



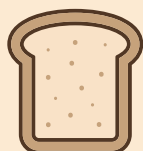
Fruit



2 cups/day



Grain



3½-5 oz equivalents/day



Healthy Eating Guide

Suggested Serving Sizes

Dairy



3 cups/day



Milk:
1 cup



Yogurt:
1 cup



Cheese:
1 ½ oz or ⅓ cup shredded



Cottage Cheese:
2 cups

Protein



5-6 oz equivalents/day



Cooked or canned beans
½ 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

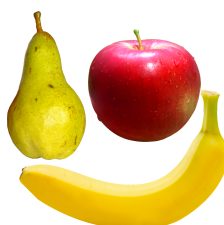
Fruit



2 cups/day



Berries:
1 cup



Whole Fruit:
1 medium

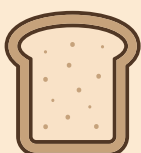


Dried Fruit:
½ cup



100% Fruit Juice:
1 cup

Grain



3½-5 oz equivalents/day



Cereal:
1 cup



Bread:
1 slice



Pasta:
½ cup cooked



Flour or Corn Tortilla:
1 small (6 inches)

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.