

# FOR YOUTH



## What Is a Single Serving?

Your body needs different servings (or helpings) of food groups. This chart outlines what a single serving looks like in each group.

FOOD	SINGLE SERVING	LOOKS LIKE	SERVINGS PER DAY
<b>VEGETABLES</b>			
Chopped	1/2 cup	1/2 baseball or size of an ice cream scoop	3-5
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball/tennis ball or average adult fist	
Vegetable Juice	1/2 to 3/4 cup		
<b>FRUIT</b>			
Whole/pieces	1 medium fresh piece or 1/2 cup chopped, canned, or frozen	1 tennis ball	2-4
Juice	1/2 cup	1 scoop ice cream	
Dried	1/4 cup	1 golf ball	
<b>GRAINS</b>			
Pasta, Rice, Bread, Hot Cereal (such as oatmeal)	1/2 cup of cooked cereal, rice or pasta 1 medium potato 1 slice of bread 2 handfuls of baked chips or pretzels	1/2 baseball Computer mouse Hockey puck	6-11
Cold Cereal	1 oz., which varies from 1/4 cup to 1 1/4 cup (check label)	<i>(Note: Most bagels sold in stores are equal to about 5 slices of bread—equals 4-6 servings!!)</i>	
<b>MEAT/PROTEIN</b>			
Meat, Chicken or Fish	3 oz. (boneless, cooked weight from 4 oz. raw)	Deck of cards or a checkbook	2-3 (for a total of 6-7 ounces)
Tofu	3 oz.	Deck of cards	
Beans (kidney, white, split, blackeye)	1/2 cup cooked (about 5 tablespoons)*	1/2 baseball or small handful	
Nuts and Seeds	2 tablespoons peanut butter* or 1/3 cup nuts	A golf ball	
Eggs	1 egg*	<i>(Limit egg yolks to 4 a week)</i>	
<b>DAIRY</b> <i>(Choose nonfat or lowfat)</i>			
Milk	1 cup (8 oz. glass)	1 small yogurt container	2-3
Cheese	1 1/2 ounces	1 oz. looks like four dice put together	
Yogurt	1 cup	2 scoops of ice cream	

\* equals 1 ounce meat

Adapted from:

- 1) Severson, Kim. The Obesity Crisis, Perils of portion distortion: Why Americans don't know when enough is enough. San Francisco Chronicle. 3.7.04.
- 2) Recommendations per Dietary Guidelines for Americans, 2000. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, The Food Guide Pyramid, Home and Garden Bulletin Number 252, 1996.

\* Available in Spanish, Chinese and Vietnamese at [www.ahwg.net](http://www.ahwg.net)