

## Serving Sizes

### Vegetables

Raw leafy vegetables	1 cup (2 ounces/56 grams)
Cooked or chopped raw vegetables	½ cup (3 ounces/84 grams)
100-percent vegetable juice	¾ cup (6 ounces/180 ml)

### Fruits

Chopped, cooked or canned fruit	½ cup (3 ounces/84 grams)
100-percent fruit juice	¾ cup (6 fluid ounces/180 ml)
orange, apple, banana or pear	1 medium

### Grains

Cooked cereal, rice, pasta	½ cup (3 ounces/84 grams)
Ready-to-eat cereal	1 ounce (28 grams)
Whole-grain sandwich bread	1 slice

### Dairy Products

Milk or yogurt	1 cup (8 fluid ounces/240 ml)
Natural cheese (cheddar)	1 ½ ounce (42 grams)

### Meat and Beans

Cooked skinless poultry, seafood or lean meat	3-4 ounces (84 to 112 grams)
Cooked legumes or dried beans	½ cup (3 ½ ounces/98 grams)
Tofu	½ cup (4 ounces/112 grams)
Peanut butter (other nut butters)	2 tablespoons
Egg	1 large
Nuts	1/3 cup (1 ounce/28 grams)

### Everyday guides for Serving Sizes

3-4 ounces chicken or fish	deck of cards or the size of your palm
1 cup of vegetables	size of your fist
medium apple	size of a baseball
½ cup cooked pasta	ice cream scoop
1 ½ ounce cheese	pair of dice or pair of dominos
1 teaspoon butter	tip of your thumb
1 cup dry cereal	large handful

Adapted from the Mayo Foundation for Medical Education and Research.

