

What Counts as 1 Serving?

► The amount you eat may be more than one serving.
For example, a dinner portion of spaghetti would count as 2 or 3 servings.

Bread, Cereal, Rice, & Pasta Group

1 slice of bread
½ cup of cooked rice
or pasta
½ cup of cooked cereal
1 ounce of ready-to-eat
cereal

Vegetable Group

½ cup of chopped raw or
cooked vegetables
1 cup of leafy raw
vegetables

Fruit Group

1 piece of fruit or
melon wedge
¾ cup of juice
½ cup of canned fruit
¼ cup of dried fruit

Milk, Yogurt, & Cheese Group

1 cup of milk or yogurt
1½ ounces of
natural cheese
2 ounces of
process cheese

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

2½ to 3 ounces of cooked
lean meat, poultry, or fish
Count ½ cup of cooked
beans, or 1 egg, or
2 tablespoons of peanut
butter as 1 ounce of
lean meat

Fats, Oils, & Sweets

LIMIT CALORIES FROM
THESE especially if you
need to lose weight

How Many Servings Do You Need Each Day?

	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	2-3**	2-3**	2-3**
Meat group	2 for a total of 5 ounces	2 for a total of 6 ounces	3 for a total of 7 ounces
*These are the calorie levels if you choose lowfat, lean foods from the 5 major food groups and use foods from the fats, oils and sweets group sparingly. **Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.			

A Closer Look at Fat and Added Sugars

The small tip of the Pyramid shows fats, oils and sweets.

These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts.

Alcoholic beverages are also part of this group. These foods provide calories but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars. When choosing foods for a healthful diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.

