

How Much?

What Counts as a Serving

Bread, Cereal, Rice, and Pasta Group	1 Slice of bread	1 ounce of ready-to-eat cereal	1/2 cup of cooked cereal rice, or pasta
Vegetable Group	1 cup of raw leafy vegetables	1/2 cup of other vegetables, cooked or chopped raw	3/4 cup of vegetable juice (6 ounces)
Fruit Group	1 medium apple, banana, orange	1/2 cup of chopped, cooked, or canned fruit	3/4 cup of fruit juice (6 ounces)
Milk, Yogurt, and Cheese Group	1 cup of milk or yogurt	1-1/2 ounces of natural cheese	2 ounces of process cheese
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group	2 to 3 ounces of cooked lean meat, poultry, or fish	1/2 cup of cooked dry beans, 1 egg, or 2 tablespoonsful of peanut butter count as 1 ounce of lean meat	

Prepared foods can be tricky

While food labeling laws may change standard portions, now a can of soup has 2-3/4 servings; a juice box has 1-1/4 servings . . . Who eats the partial serving? A bag of chips may have 8 servings. Do you stop after one serving? Do you generally eat more or less than the recommended number of servings each day?

Weigh or measure what you eat until you can estimate a serving.

How would you count ...

1 hamburger bun? _____

1 slice of pizza? _____

2 apricots? _____

1 glass of lemonade? _____

**For More information or to speak with a Registered Licensed Dietitian,
Call the OSF Saint Francis Nutrition Access Line at (309) 655-3705**

