

# Know Your Serving Sizes

Recommended Daily Servings based on 2,000 calories a day:

## Fruits & Veggies

7-10 servings per day



= 1 fruit or veggie



= 1/2 cup canned fruit



= 1 cup of salad

## Grain Products

5-7 servings per day



= 1/2 cup of pasta or cereal



= 1 slice of whole wheat bread



= 1 cup whole wheat flakes

## Meat & Protein

2-3 servings per day



= 1 chicken breast



= 2 small eggs or 1 large egg



= 1/2 cup cooked beans

## Milk & Dairy

2-3 servings per day



= 3/4 cup of yogurt



= 1 ounce of cheese



= 1 cup of milk

## Fats & Oils

2-3 tablespoons per day



= 1 tsp soft margarine



= 2 tbsp peanut butter