



## What Constitutes a Portion?

### Breads, Cereals, Rice and Pasta

1 slice of bread  
 1/2 cup of cooked cereal, rice or pasta  
 1 ounce of dry cereal

### Fruits

1 whole medium-sized fruit  
 3/4 cup of juice  
 1/2 cup of canned fruit

### Vegetables

1/2 cup of cooked vegetables  
 1 cup of mixed salad

### Milk

1 cup of milk  
 8 ounces of yogurt  
 1 1/2 to 2 ounces of cheese

### Meat, Poultry, Fish, Dry Beans, Eggs and Nuts

3 ounces of cooked meat, poultry or fish. Three ounces of meat are approximately the size of a deck of cards.

1/2 cup of cooked beans or two tablespoons of peanut butter or one egg is equivalent to 1 ounce of meat (approximately 1/3 of a portion)

### Fats, Oils and Sweets

use sparingly

## How many portions do you need every day?

|                 | Women and some older adults | Women and some older adults | Women and some older adults |
|-----------------|-----------------------------|-----------------------------|-----------------------------|
| 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                           | 2                           | 3                           |

\*Pregnant or nursing women, teenagers, and young adults under the age of 24 need 3 portions

\*The upper tip of the pyramid represents the fats, oils and sweets. Some examples are salad dressings, cream, butter, margarine, sugars, sodas and sweets. Eat these foods in moderation because they contain many calories from fat and sugar but have few nutrients.

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