

# WHAT makes a serving?

FROM MYPLATE.GOV

## FRUITS

- ½ CUP OF RAW OR COOKED FRUIT
- ¼ CUP OF DRIED FRUIT

## VEGETABLES

- ½ CUP RAW OR COOKED VEGETABLES
- 1 CUP LEAFY SALAD GREENS

## GRAINS

- 1 SLICE OF BREAD
- ½ CUP COOKED RICE, PASTA, OR CEREAL

## PROTEIN

- 1 OZ OF LEAN MEAT, POULTRY, OR SEAFOOD
- 1 EGG
- 1 TBSP PEANUT BUTTER
- ¼ CUP COOKED BEANS
- ½ OZ NUTS OR SEEDS

## DAIRY

- 1 CUP OF MILK, SOYMILK, OR ALMOND MILK
- 1 CUP YOGURT
- 1 ½ OZ NATURAL CHEESE
- 2 OZ PROCESSED CHEESE