

## Serving Size Examples Chart

Food Group	Food	1 Serving
<b>Vegetables</b>	Asparagus, cooked	6 spears (1/2 cup)
	Cauliflower, raw	1 cup florets (about 8)
	Green Beans, frozen	2/3 cup
	Tomato Sauce, canned	1/3 cup
	Zucchini, cooked or fresh	3/4 cup
<b>Fruit</b>	Applesauce, unsweetened	1/3 cup
	Banana	1 small
	Cherries	15 whole
	Strawberries, whole	1 ½ cups
<b>Whole Grains Carbohydrates</b>	Bagel, whole-grain	1/2 bagel (3-inch)
	Bun or roll, whole-grain	1 small
	Cereal, cold, flake-type	3/4 cup
	Crackers, whole-wheat	8
	Whole Grains, cooked	1/2 cup
	Brown Rice	1/3 cup
<b>Dairy</b>	Cheese, hard	1 ½ – 2 ounces
	Milk	1 cup
	Soy or Almond Milk	1 cup
	Yogurt, plain or unsweetened	2/3 cup
<b>Lean Protein</b>	Beans, canned	1/2 cup
	Egg	1 whole
	Fish, grilled or broiled	3 ounces
	Chicken Breast Tender	3 ounces
	Tofu, firm or silken soft	2 slices (1-inch width) or 1/3 cup
<b>Healthy Fats</b>	Avocado	1/4 section of fruit
	Almonds	Handful (7 whole or 4 teaspoons slivered)
	Olive Oil	1 teaspoon
	Peanut Butter, Chunky or Smooth	1 Tablespoon