

SERVING SIZE VS PORTION SIZE

The serving size is based on one serving of food that is reflected by the amount people typically eat or drink, rather than the recommended amount of one serving.¹

DAILY AMOUNT OF FOOD FROM EACH FOOD GROUP*

Vegetables	2 ½ cups
Fruits	2 cups
Grains	6 oz
Protein	5 ½ oz

Vegetables:

1 cup from the vegetable group is equivalent to 1 cup raw leafy vegetable, ½ cup cooked leafy vegetable, 5-8 broccoli florets and 6 baby carrots or 1 medium carrot.²⁻³



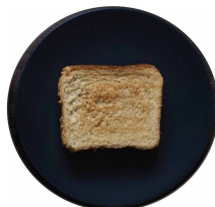
Fruits:

1 cup from the fruit group is equivalent to 1 medium apple, 1 small banana, 16 grapes or 4 large strawberries.²⁻³



Grains:

1 ounce from the grains group is equivalent to ½ cup cooked rice or pasta, ½ cup cooked oatmeal, 1 slice bread or 1 cup cereal.²⁻³



Protein:

1 ounce from the protein group is equivalent to ½ cup tofu, ½ cup quinoa, 1 egg, ¼ cup cooked beans or 3 oz cooked lean meat.²⁻³



PORTION SIZE

Portion size is the amount of a food you choose to eat. This can vary from meal to meal, which may be more or less than a serving.⁴

ESTIMATING PORTION SIZES

1 cup:
Average-sized fist



½ a cup:
A scooped handful



3 oz:
Palm of the hand



*Based on a 2,000-calorie eating pattern. The amount from each food group varies by age.

Sources:

1. [U.S. Food & Drug Administration, How to Understand and Use the Nutrition Facts Label](#)
2. [American Heart Association, Fruits and Vegetables: What's a Serving?](#)
3. [MyPlate, 2000 Calories](#)
4. [The Academy of Nutrition and Dietetics, Serving Size vs Portion Size Is There a Difference](#)