



# PORTION SIZE CHEAT SHEET






## VEGETABLES

1 Serving Vegetables = 1 Cup









	<b>LEAFY GREENS</b>	1 cup (2 fists)
	<b>CARROTS</b>	2 medium
	<b>BROCCOLI</b>	6 small florets
	<b>CAULIFLOWER</b>	1/4 head
	<b>CORN ON COB</b>	1 large ear
	<b>GREEN BEANS</b>	10 beans

## FRUIT

1 Serving Fruit = 1 Cup

	<b>STRAWBERREIS</b>	7 large
	<b>TOMATOES</b>	1 large
	<b>GRAPES</b>	12
	<b>MELON</b>	1/8 of large melon
	<b>PLUMS</b>	2 large

## FOOD

		<i>Serving, Uncooked</i>	<i>Serving, Cooked</i>
	<b>FISH</b>	6–7 oz.	3–4 oz.
	<b>MEAT OR POULTRY</b>	4 oz.	3 oz.
	<b>EGGS</b>	2	2
	<b>PASTA, RICE, OTHER GRAINS</b>	1 oz. / 1/4 cup	1/2 cup
	<b>SPAGHETTI</b>	Nickel-size bundle	1/2 cup
	<b>BEANS, LENTILS OR PULSES</b>	1/4 cup	1/2 cup
	<b>PASTA SAUCE</b>	1/3 cup	1/3 cup
	<b>CHEESE</b>	1 oz.	1 oz.