

What's A Serving of Fruits & Vegetables?

The National Cancer Institute's 5 A Day program defines one serving as:

- 3/4 cup (6 oz) of 100% fruit, or vegetable juice
- One medium fruit
- 1/2 cup cut-up fruit
- 1/4 cup dried fruit
- 1/2 cup raw or cooked vegetables
- 1 cup raw, leafy vegetables
- 1/2 cup dried, cooked or canned peas or beans



Quick Meals and Snacks

Breakfast: 6 oz fruit juice, 1 cup yogurt topped with 1/2 cup dry cereal or granola, coffee or tea.

Lunch: Pita pocket or rolled tortilla with 2 oz cheese, 1/2 cup sliced veggies with 2 Tablespoons low-fat dressing, 1 cup non-fat milk, 1 apple.

Dinner: 3 oz broiled chicken or fish; 1 medium baked potato; 1/2 cup broccoli; 1 cup leaf lettuce, 1 cup veggies & tomato topped with 2 Tablespoons light dressing; 6 oz. fruit juice mixed with seltzer water; 2 medium oatmeal cookies.



The Benefits of Selecting Sensible Portion Sizes are:

1. Reduces amounts eaten at meals and for snacks.
2. Provides awareness of the importance of amounts of food relative to calories consumed.
3. Helps adults and youth achieve a healthy weight and maintain that weight.
4. Adds more variety to the diet with smaller portions by following the recommendations of *The Food Guide Pyramid* and *The Dietary Guidelines for Americans*.
5. Helps to lower overall caloric intake by moderating portion sizes, which lowers total fat and sugar in the diet.
6. Encourages a reasonable intake of food daily in a society that overeats often.

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Getting to Know Portion Sizes

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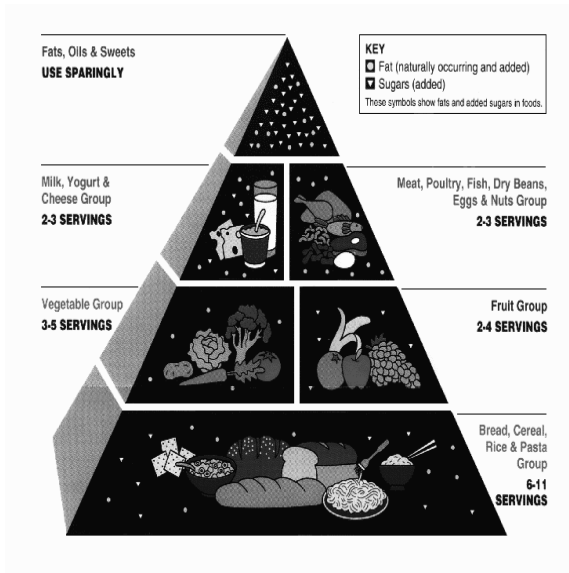
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Rutgers Cooperative Extension in collaboration with The New Jersey Nutrition Council, NJ WIC Services, and the US Food & Drug Administration to promote better health by coordinating resources for agencies and consumers interested in nutrition and nutrition education.



Follow the Food Guide Pyramid



The Food Guide Pyramid can help you eat a more nutritious diet but, making sense of portion sizes is often difficult. One way to improve your understanding of portion sizes is to compare them with common objects. By using everyday examples, you can choose sensible portions of food. By eating the correct portion size of food, your caloric intake will be more appropriate for your body size. Knowing how much you have eaten can help you decide whether you want more food or have had enough.

Individual Serving Sizes

Bread, Cereal, Rice & Pasta Group

- 1/2 cup rice, pasta or cereal...rounded handful
- 1 pancake or slice of bread..... a compact CD
- 1/2 burger roll or bagel.....a compact CD
- 3 to 4 crackers

Vegetable and Fruit Groups

- 1/2 cup chopped vegetables or fruit.....
-rounded handful
- 3/4 cup vegetable or fruit juice.....3 golf balls
- 1 cup salad greens.....a tennis ball
- 1 baked potato.....a tennis ball
- 1/4 cup raisins or dried fruit.....1 golf ball
- 1 medium apple, banana, tomato, or other vegetable or fruit.....a fist

Milk, Yogurt, Cheese Group

- 1 1/2 ounce of cheese.....3 dominoes
- 1 cup milk or yogurt,a tennis ball

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts Group

- 3 ounces cooked meat, fish, poultry
-a card deck
- 2 eggs
- 2 Tablespoons peanut butter.....ping pong ball
- 1/2 cup nuts.....2 ping pong balls
- 1 cup cooked dried beans.....a tennis ball

Fats, Oils, and Sweets

- 1 Teaspoon butter or margarine...postage stamp
- 1 Tablespoon salad dressing.....thumb tip

Snack Foods

- 1 ounce nuts or small candies.....one handful
- 1 ounce of chips or pretzels.....two handfuls

