

How much do you eat?

It's easier to stay at a healthy weight when you know how to count your amount. Use these ideas to eat the recommended amount from each food group every day.

Fruits

Eat 2 cups every day.

Count these as 1 cup:

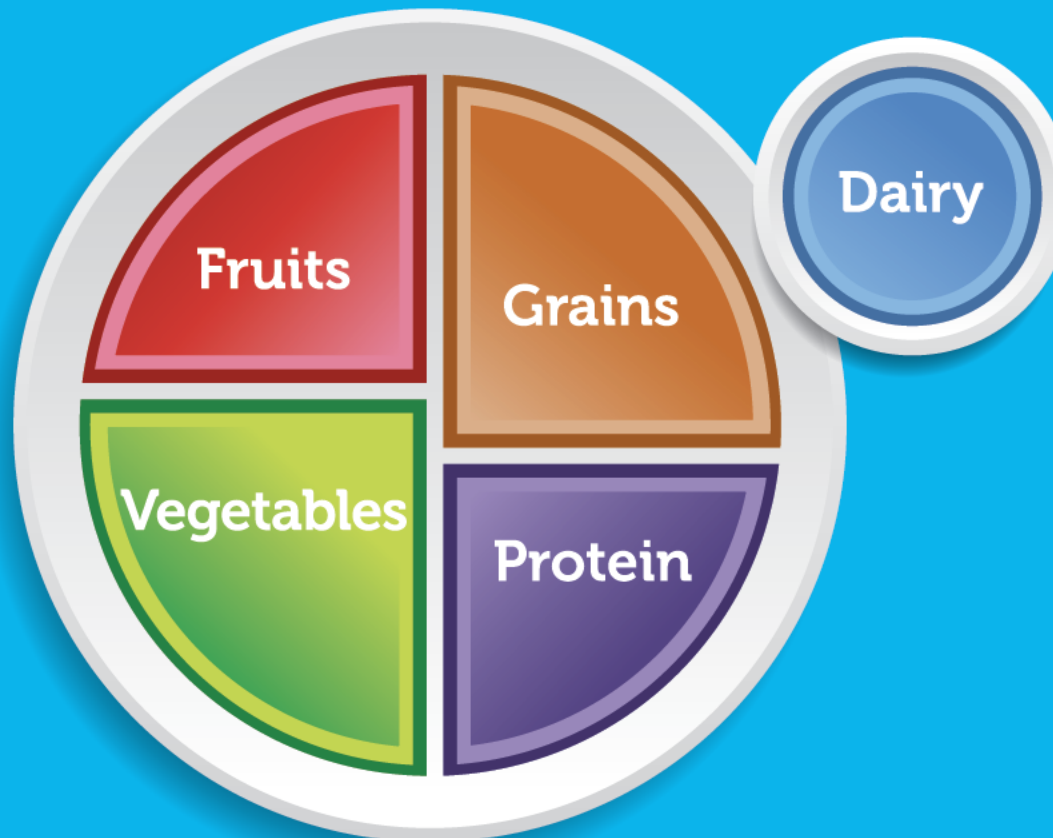
- 1 apple, pear or orange
- 1 cup diced melon (cantaloupe, watermelon or honeydew)
- 8 large strawberries
- 1 cup applesauce
- ½ cup dried fruit, such as raisins

Vegetables

Eat 2½ cups every day.

Count these as 1 cup:

- 1 cup cooked or 2 cups raw spinach
- 1 medium baked potato or 1 cup mashed
- 1 cup cubed, cooked squash (acorn, butternut or zucchini)
- 1 large ear of corn
- 1 cup cooked green beans



Grains

Eat 6 ounces every day

Count these as 1 ounce:

- 1 slice bread
 - 6-inch tortilla
 - ½ cup cooked oatmeal
 - ½ cup cooked rice or pasta
 - 1 small (4½") pancake
- Make half your grains whole.

Protein

Eat 5½ ounces every day

Count these as 1 ounce:

- 1 ounce lean meat, chicken or fish (small chicken breast is 3 ounces)
- 1 tablespoon peanut butter
- 7 walnut halves
- ¼ cup cooked beans
- ¼ cup tofu or tempeh

Dairy

Eat 3 cups every day

Count these as 1 cup:

- 1 cup milk or yogurt
 - 1½ ounce cheese, such as Jack, Cheddar or Swiss (the size of 6 dice)
 - 3 slices American cheese
- Choose fat free or low fat.

Choose **MyPlate.gov**



The amounts are for a 2,000 calorie diet. To find the amounts that are right for you, go to MyPlate.gov. The USDA does not endorse any products, services, or organizations. Source: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. Provided by ETR Associates, a nonprofit organization. 1-800-321-4407. www.etr.org/pub. Title No. FS003. © 2011 ETR Associates. All rights reserved. Not for resale. Reproduction permission granted except for purposes of resale.