

PROTEIN



	Amount that counts as 1 ounce equivalent in the Protein Foods Group	Common portions and ounce equivalents
Meats	1 ounce cooked lean beef	1 small steak (eye of round, filet) = 3½ to 4 ounce equivalents
	1 ounce cooked lean pork or ham	1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin	1 small chicken breast half = 3 ounce equivalents
	1 sandwich slice of turkey (4 ½ x 2 ½ x 1/8")	½ Cornish game hen = 4 ounce equivalents
Seafood	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 ounce equivalents
		1 salmon steak = 4 to 6 ounce equivalents
		1 small trout = 3 ounce equivalents
Eggs	1 egg	3 egg whites = 2 ounce equivalents
		3 egg yolks = 1 ounce equivalent
Nuts and seeds	½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)	
	½ ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted)	1 ounce of nuts or seeds = 2 ounce equivalents
	1 Tablespoon of peanut butter or almond butter	
Beans and peas	¼ cup of cooked beans (such as black, kidney, pinto, or white beans)	1 cup split pea soup = 2 ounce equivalents
	¼ cup of cooked peas (such as chickpeas, cowpeas, lentils, or split peas)	1 cup lentil soup = 2 ounce equivalents
	¼ cup of baked beans, refried beans	1 cup bean soup = 2 ounce equivalents
	¼ cup (about 2 ounces) of tofu	
	1 oz. tempeh, cooked	
	¼ cup roasted soybeans 1 falafel patty (2 ¼", 4 oz)	1 soy or bean burger patty = 2 ounce equivalents
	2 Tablespoons hummus	

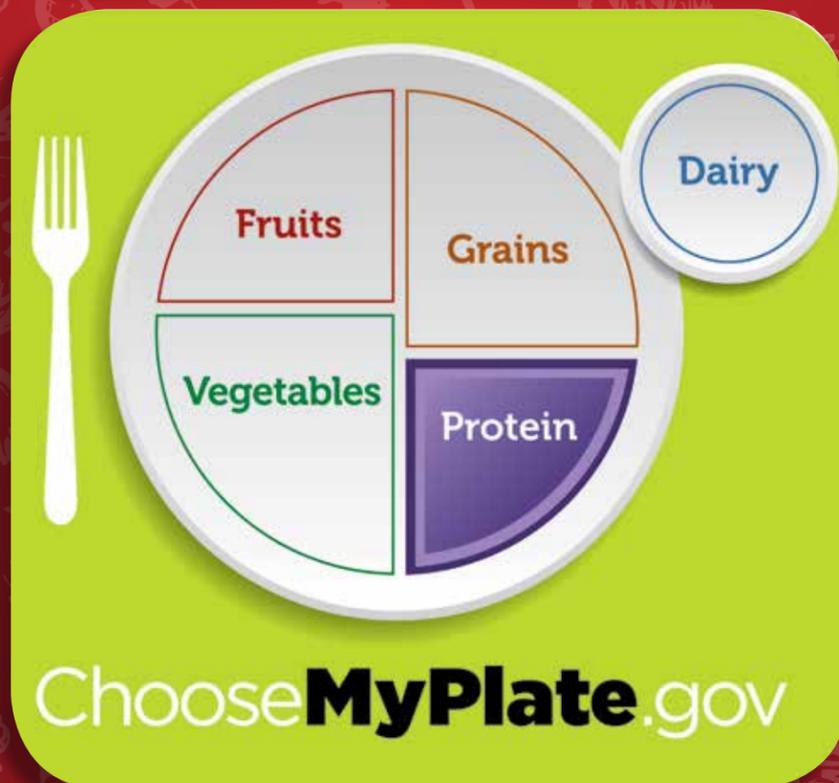


Daily recommendation*		
Children	2-3 years old	2 ounce equivalents**
	4-8 years old	4 ounce equivalents**
Girls	9-13 years old	5 ounce equivalents**
	14-18 years old	5 ounce equivalents**
Boys	9-13 years old	5 ounce equivalents**
	14-18 years old	6 ½ ounce equivalents**
Women	19-30 years old	5 ½ ounce equivalents**
	31-50 years old	5 ounce equivalents**
	51+ years old	5 ounce equivalents**
Men	19-30 years old	6 ½ ounce equivalents**
	31-50 years old	6 ounce equivalents**
	51+ years old	5 ½ ounce equivalents**

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities.

DID YOU KNOW these foods contain Protein?

- Eggs
- Nuts
- Seeds
- Meat
- Poultry
- Seafood
- Beans and Peas
- Processed Soy Products



Non-Traditional Protein Sources

- Spinach
- Kale
- Broccoli
- Cauliflower
- Cabbage
- Mushrooms
- Parsley
- Cucumbers
- Green Pepper
- Tomatoes



FRUITS

	Amount that counts as 1 cup of fruit	Other amounts (count as ½ cup of fruit unless noted)
Apple	½ large (3.25" diameter)	
	1 small (2.5" diameter)	
	1 cup sliced or chopped, raw or cooked	½ cup sliced or chopped, raw or cooked
Applesauce	1 cup	1 snack container (4 oz)
Banana	1 cup sliced	1 small (less than 6" long)
	1 large (8" to 9" long)	
Cantaloupe	1 cup diced or melon balls	1 medium wedge (1/8 of a med. melon)
Grapes	1 cup whole or cut-up	
	32 seedless grapes	16 seedless grapes
Grapefruit	1 medium (4" diameter)	½ medium (4" diameter)
	1 cup sections	
Mixed fruit (fruit cocktail)	1 cup diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Orange	1 large (3-1/16" diameter)	1 small (2-3/8" diameter)
	1 cup sections	
Orange, mandarin	1 cup canned, drained	
Peach	1 large (2 ¾" diameter)	1 small (2" diameter)
	1 cup sliced or diced, raw, cooked, or canned, drained	1 snack container (4 oz) drained = 3/8 cup
	2 halves, canned	

Check out these brands:

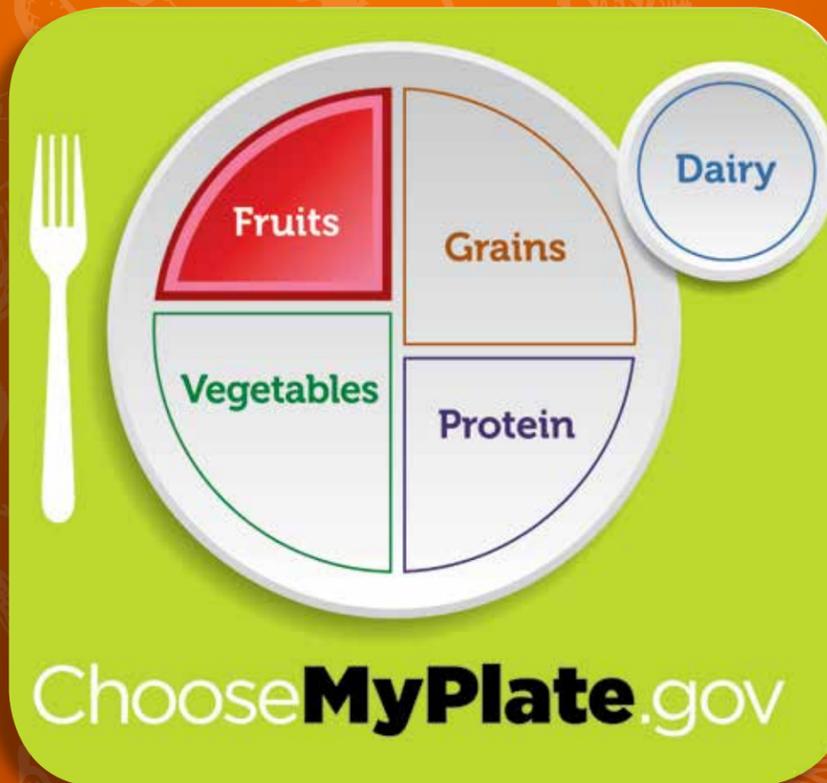


Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1 to 1 ½ cups**
Girls	9-13 years old	1 ½ cups**
	14-18 years old	1 ½ cups**
Boys	9-13 years old	1 ½ cups**
	14-18 years old	2 cups**
Women	19-30 years old	2 cups**
	31-50 years old	1 ½ cups**
	51+ years old	1 ½ cups**

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Which Fruit contains THE MOST SUGAR?



DAIRY

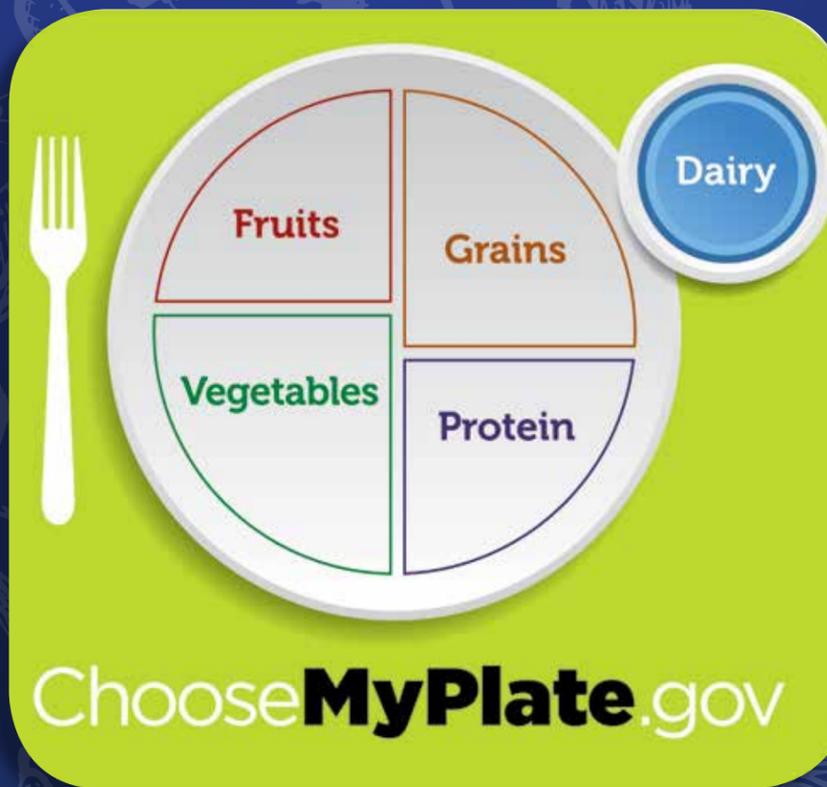
Check out these brands:



	Amount That Counts as a Cup in the Dairy Group	Common Portions and Cup Equivalents
Milk (choose fat-free or low-fat milk)	1 cup milk	
	1 half-pint container milk	
	½ cup evaporated milk	
Yogurt (choose fat-free or low-fat yogurt)	1 regular container (8 fluid ounces)	1 small container (6 ounces) = ¾ cup
	1 cup yogurt	1 snack size container (4 ounces) = ½ cup
Cheese (choose reduced-fat or low-fat cheeses)	1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)	1 slice of hard cheese is equivalent to ½ cup milk
	½ cup shredded cheese	
	2 ounces processed cheese (American)	1 slice of processed cheese is equivalent to ½ cup milk
	½ cup ricotta cheese	
Milk-based desserts (choose fat-free or low-fat types)	2 cups cottage cheese	½ cup cottage cheese is equivalent to ¼ cup milk
	1 cup pudding made with milk	
	1 cup frozen yogurt	
Soy milk (soy beverage)	1 ½ cups ice cream	1 scoop ice cream is equivalent to ½ cup milk
	1 cup calcium-fortified soy milk	
	1 half-pint container calcium-fortified soy milk	

Daily recommendation					
Children	2-3 years old	2 cups			
	4-8 years old	2 ½ cups			
Girls	9-13 years old	3 cups	Women	31-50 years old	3 cups
	14-18 years old	3 cups		51+ years old	3 cups
Boys	9-13 years old	3 cups	Men	19-30 years old	3 cups
	14-18 years old	3 cups		31-50 years old	3 cups
	19-30 years old	3 cups		51+ years old	3 cups

Nutrients in the Dairy Group include:
CALCIUM, POTASSIUM, VITAMIN D, AND PROTEIN



VEGETABLES

Check out these brands:

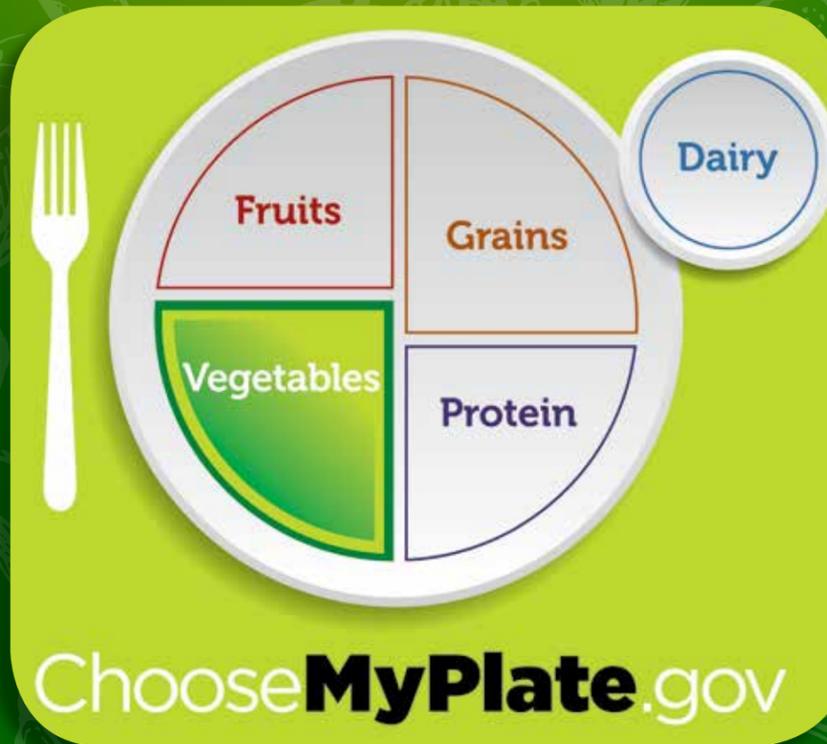


	Amount that counts as 1 cup of vegetables	Amount that counts as ½ cup of vegetables
Dark Green Vegetables		
Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked	
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked	
Spinach	1 cup, cooked 2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to ½ cup of vegetables
Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to ½ cup of vegetables
Red and Orange Vegetables		
Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)	1 medium carrot About 6 baby carrots
Pumpkin	1 cup mashed, cooked	
Red peppers	1 cup chopped, raw, or cooked 1 large pepper (3" diameter, 3¾" long)	1 small pepper
Tomatoes	1 large raw whole (3") 1 cup chopped or sliced, raw, canned, or cooked	1 small raw whole (2¼" diameter) 1 medium canned
Tomato juice	1 cup	½ cup
Sweet potato	1 large baked (2¼" or more diameter) 1 cup sliced or mashed, cooked	
Winter squash (acorn, butternut, hubbard)	1 cup cubed, cooked	½ acorn squash, baked = ¾ cup
Beans and Peas		
Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or black eyed peas or split peas)	1 cup whole or mashed, cooked	
Starchy Vegetables		
Corn, yellow or white	1 cup 1 large ear (8" to 9" long)	1 small ear (about 6" long)
Green peas	1 cup	
White potatoes	1 cup diced, mashed 1 medium boiled or baked potato (2½" to 3" diameter) French fried: 20 medium to long strips (2½" to 4" long) (Contains added calories from solid fats.)	

	Amount that counts as 1 cup of vegetables	Amount that counts as ½ cup of vegetables
Other Vegetables		
Bean sprouts	1 cup cooked	
Cabbage, green	1 cup, chopped or shredded raw or cooked	
Cauliflower	1 cup pieces or florets raw or cooked	
Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped	
Green or wax beans	1 cup cooked	
Green peppers	1 cup chopped, raw or cooked 1 large pepper (3" diameter, 3¾" long)	1 small pepper
Lettuce, iceberg or head	2 cups raw, shredded or chopped = equivalent to 1 cup of vegetables	1 cup raw, shredded or chopped = equivalent to ½ cup of vegetables
Mushrooms	1 cup raw or cooked	
Onions	1 cup chopped, raw or cooked	
Summer squash or zucchini	1 cup cooked, sliced or diced	

Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1½ cups**
Girls	9-13 years old	2 cups**
	14-18 years old	2½ cups**
Boys	9-13 years old	2½ cups**
	14-18 years old	3 cups**
Women	19-30 years old	2½ cups**
	31-50 years old	2½ cups**
	51+ years old	2 cups**
Men	19-30 years old	3 cups**
	31-50 years old	3 cups**
	51+ years old	2½ cups**

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WHOLE GRAINS

Ideas for Getting 3 Servings of Whole Grains Each Day!

Breakfast

- Cereal made with whole grain
- Whole wheat toast with jam
- Oatmeal
- Whole grain pancakes or waffles



Lunch

- Sandwich made with whole wheat bread
- Whole grain pita stuffed with your favorite fixings
- Hamburger on a whole grain bun
- Soup with barley or brown rice

Snack

- Popcorn
- Oatmeal cookie
- Whole grain granola bar
- Stir cereal made with whole grain into yogurt

Dinner

- Brown rice with stir-fried vegetables
- Whole grain pasta topped with sauce
- Wild rice
- Whole grain dinner roll

Check out these brands:



		Daily recommendation*	Daily minimum amount of whole grains
Children	2-3 years old	3 ounce equivalents**	1 ½ ounce equivalents**
	4-8 years old	5 ounce equivalents**	2 ½ ounce equivalents**
Girls	9-13 years old	5 ounce equivalents**	3 ounce equivalents**
	14-18 years old	6 ounce equivalents**	3 ounce equivalents**
Boys	9-13 years old	6 ounce equivalents**	3 ounce equivalents**
	14-18 years old	8 ounce equivalents**	4 ounce equivalents**
Women	19-30 years old	6 ounce equivalents**	3 ounce equivalents**
	31-50 years old	6 ounce equivalents**	3 ounce equivalents**
	51+ years old	5 ounce equivalents**	3 ounce equivalents**
Men	19-30 years old	8 ounce equivalents**	4 ounce equivalents**
	31-50 years old	7 ounce equivalents**	3 ½ ounce equivalents**
	51+ years old	6 ounce equivalents**	3 ounce equivalents**

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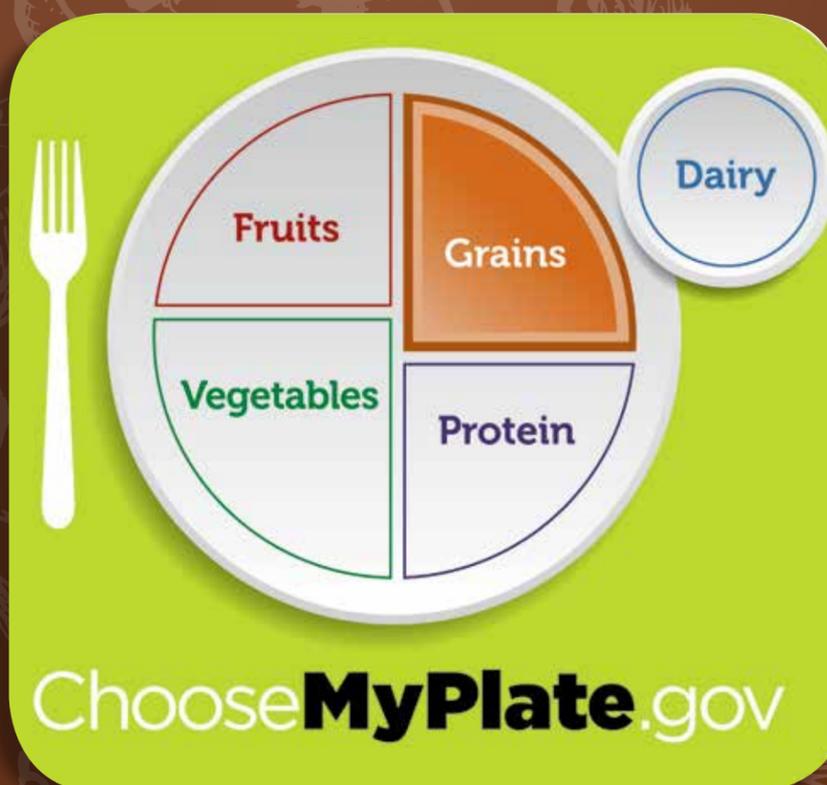
THESE ARE BETTER....THAN THESE!

WHOLE GRAINS

- Whole Wheat Bread
- Whole Wheat Tortillas
- Oatmeal
- Whole Wheat Pasta
- Buckwheat or Bulgur
- Popcorn

REFINED GRAINS

- White Bread
- Corn and White Flour Tortillas
- Corn Flakes
- Enriched White Pasta
- Grits
- Couscous



Health Benefits

- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating whole grains may help with weight management.
- Eating grain products fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.

