

What Counts as 1 Serving?

List 1: 1 Grain/Starch =

- 1 slice whole wheat bread
- 1 small dinner roll, 1 med. Pancake
- ½ of a 6 in. pita, ½ English muffin
- ½ hamburger or hotdog bun
- 1 cup unsweetened whole grain cereal
- ½ cup cooked oatmeal (¼ cup dry)
- ½ cup cooked pasta
- 1, 6"-8" whole wheat tortilla
- 1 mini whole-wheat bagel (½ small-medium whole wheat bagel)
- ½ cup cooked rice (brown, white)
- ½ cup cooked quinoa, bulgur
- 6 whole wheat crackers
- 2 graham cracker sheets
- 1 oz. (1 handful) pretzels
- 3 cups air-popped popcorn

List 4: 1 Protein or 1 oz. =

- 1 oz. cooked meat (boneless, skinless poultry, 93% lean beef, fish)
- ¼ cup cooked beans
- 2 Tbsp. hummus
- 1 egg; ¼ cup egg substitute
- 1 Tbsp. peanut or other nut butter*
- 12 almonds*, 24 pistachios*, or 7 walnut* halves
- ½ oz. seeds* (pumpkin, sunflower)
- 1 thin-medium thick sandwich slice of turkey, roast-beef

List 2: 1 Fruit =

- 1 small – medium banana (½ large)
- 1 cup fresh cantaloupe (1/8 melon), watermelon, or pineapple
- 1 medium plum, peach, pear
- 4 large strawberries
- ½ c. fresh blueberries
- 1 small-medium apple (baseball)
- ½ medium-sized grapefruit
- 1 small orange (baseball size)
- ½ cup canned fruit or applesauce
- 1 kiwi
- 1 handful of grapes (About 16)
- ¼ raisins or other dried fruit
- 4 oz. or ½ cup 100% juice

List 5: 1 Dairy =

- 8 oz. skim, 1% milk, soy-milk
- 8 oz. (1 cup) plain, non-fat Greek yogurt (regular-sized container) or 8 oz Kefir Yogurt Drink
- 6 oz. flavored Greek yogurt (small container)
- 1 oz. hard, (block) cheese*
- 1 string cheese
- 1 slice processed cheese
- ¼ cup shredded cheese*
- ½ cup low-fat cottage cheese*
- ½ cup low-fat pudding*

* Portion control recommended

Key: oz. = ounce Tbsp. = tablespoon tsp. = teaspoon

List 3: 1 Vegetable =

- 2 cups leafy salad greens
- ½ cup cooked vegetables (broccoli, green beans, cauliflower, carrots, asparagus, etc.)
- ½ cup starchy vegetables* (corn, peas, lima beans)
- 1 cup raw vegetables
- 12 baby carrots
- 1 small tomato
- 1 cup tomato juice
- 1 sm./med. plain baked potato*
- 1 medium, plain sweet potato*
- 2 large stalks of celery
- 9 whole, cherry tomatoes

* Higher calorie (starchy) vegetables

List 6: 1 Fat =

- 1 tsp. margarine, butter
- 1 Tbsp. light margarine, butter
- 2 Tbsp. low-fat dressing
- 1 Tbsp. regular salad dressing, or mayonnaise
- 2 Tbsp. light mayonnaise
- 1 tsp. oil
- 1/8 avocado

List 7: Free Foods

- Salsa (2 Tbsp.), Soy Sauce (1 Tbsp.)
- Hot Sauce, Black Pepper
- Red Thai Curry Paste, Wasabi, etc.
- Fresh or dried herbs
- Butter Spray, Cooking Spray
- Mustard, Ketchup (1 Tbsp.)
- Vinegar, Lemon Juice, Lime Juice
- Water, Diet Beverages, Sugar Substitutes