Balance Your Portions

Fruits
• 1 cup fresh fruit
• 1 cup canned fruit, drained
• 1 medium (2½”) apple
• 1 large banana
• ½ cup dried fruit
• 1 cup 100% fruit juice

Vegetables
• 1 cup raw vegetables
• 1 cup cooked vegetables
• 2 cups raw leafy greens (salad)
• 1 cup tomatoes
• 1 cup peas or corn
• 1 cup white or sweet potato
• 1 cup vegetable juice

Protein
• 1 egg
• ½ oz (2 Tbsp) nuts
• 1 Tbsp peanut butter
• 2 Tbsp hummus
• 1 oz meat
• ¼ cup cooked beans

Dairy
• 1 cup milk
• 1 cup yogurt
• ½ cup shredded cheese
• 1½ cups ice cream
• 1 cup frozen yogurt
• 1½ ounces hard cheese (Swiss, Cheddar...)

Grains
• 1 oz slice of bread
• 5 whole wheat crackers
• ½ cup cooked cereal
• ½ english muffin or bagel
• 1 cup dry cereal
• ½ cup rice or pasta (1 oz dry)
• 4” pancake or 6” tortilla

ChooseMyPlate.gov