



Nutrition

Grains and Starchy Vegetables

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, ½ cup of cooked rice, cooked pasta, or cooked cereal, or ½ cup of cooked starchy vegetables can be considered as 1 ounce equivalent from this group.

Food Item	Amount that counts as 1 ounce in the grains/starchy vegetables group
Grains	
Bagels--whole wheat, plain, egg	1 "mini" bagel or ¼ large (4oz)
Biscuits--baking powder/buttermilk	1 small (2" diameter)
Breads--100% whole wheat, white, wheat, French, sourdough	1 regular slice 1 small slice French 4 snack size slices rye bread
Bulgur--cracked wheat	½ cup cooked
Bun, hot dog or hamburger	½ bun
Cornbread	1 small piece (2 ½" x 1 ¼" x 1 ¼")
Couscous	½ cup cooked
Crackers--100% whole wheat, rye, saltines, snack crackers	5 whole wheat crackers 2 rye crispbreads 7 square/round crackers
English muffins--whole wheat, plain, raisin	½ muffin
Graham cracker, 2 ½ inch square	3 squares
Muffins--whole wheat, bran, corn, plain	1 small (2 ½" diameter)
Oatmeal	½ cup cooked 1 packet instant 1 ounce dry (⅓ cup)
Pancakes--whole wheat, buckwheat, buttermilk, plain	1 pancake (4 ½" diameter) 2 small pancakes (3" diameter)
Pasta (spaghetti, macaroni, noodles)--whole wheat, enriched durum	½ cup cooked 1 ounce dry
Pita, 6 inches across	½ pita
Pretzels	¾ ounce
Popcorn, plain	3 cups popped
Quinoa	1/3 cup cooked
Ready-to-eat breakfast cereal--toasted oat, whole wheat flakes, corn flakes, puffed rice	1 cup flakes or rounds 1 ¼ cup puffed
Rice--brown, wild, enriched white, polished	½ cup cooked or 1 ounce dry
Roll, plain, small	1
Tortillas--whole wheat, whole grain corn, flour, corn	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter)



Nutrition

Grains and Starchy Vegetables, continued

Food Item	Amount that counts as 1 ounce in the grains/starchy vegetables group
Starchy Vegetables	
Corn--yellow or white	½ cup or ½ large ear (8"-9" long)
Green peas	½ cup
Pumpkin, canned, no sugar added	1 cup mashed, cooked
Sweet potatoes, plain	½ cup or ½ large
White potatoes	½ cup diced, mashed ½ medium boiled or baked 1 cup (2 oz.) French fries (oven baked)
Winter squash--acorn, butternut, hubbard	½ cup cubed, cooked
Count as 1 ounce grain/starchy vegetable + 1 ounce meat	
Dry Beans and Peas	
Dry or canned beans--black, garbanzo, kidney, pinto, soy, refried	½ cup whole or mashed, cooked
Dry peas-- black eyed, chickpeas, cowpeas, lentils, split	½ cup whole or mashed, cooked
Baked beans	½ cup cooked



Nutrition

Vegetables

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Food Item	Amount that counts as 1 cup in the vegetable group
Bean sprouts	1 cup cooked
Broccoli	1 cup chopped or florets, raw or cooked 3 spears 5" long, raw or cooked
Cabbage, green	1 cup chopped or shredded, raw or cooked
Carrots	1 cup strips, slices, or chopped, raw or cooked
Cauliflower	1 cup pieces or florets, raw or cooked
Celery	1 cup diced or sliced, raw or cooked
Cucumbers	1 cup raw, sliced or chopped
Greens--collards, mustard greens, turnip greens, kale	1 cup cooked
Green or red peppers	1 cup chopped, raw or cooked 1 large pepper (3" diameter, 3 3/4" long)
Green or wax beans	1 cup cooked
Lettuce, iceberg or head	2 cups raw, shredded or chopped
Mushrooms	1 cup raw or cooked
Onions	1 cup chopped, raw or cooked
Raw leafy greens, spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups raw
Spinach	1 cup cooked 2 cups raw
Summer squash or zucchini	1 cup cooked, sliced, or diced
Tomatoes	1 large raw whole (3") 1 cup chopped or sliced, raw, canned, or cooked
Tomato or mixed vegetable juice	1 cup



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Fruit

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

Food Item	Amount that counts as 1 cup in the fruit group
Apple	½ large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced or chopped, raw or cooked
Applesauce	1 cup
Banana	1 cup sliced or 1 large (8"-9" long)
Blueberries	1 ½ cup fresh or unsweetened frozen
Cantaloupe	1 cup diced or melon balls
Cherries	1 cup canned sweet or 24 fresh sweet
Grapes	1 cup whole or cut-up or 32 seedless grapes
Grapefruit	1 medium (4" diameter)
Kiwi	2
Mixed fruit or fruit cocktail	1 cup diced or sliced, raw or canned, drained
Nectarine	2 small
Orange	1 large (3 1/16" diameter) 1 cup sections
Orange, mandarin	1 cup canned, drained
Peach	1 large (2 ¾" diameter) 1 cup sliced or diced, raw, cooked, or canned, drained 2 halves, canned
Pear	1 medium pear 1 cup sliced or diced, raw, cooked, or canned, drained
Pineapple	1 cup chunks, sliced or crushed, raw, cooked or canned, drained
Plum	1 cup sliced, raw or cooked or 3 medium or 2 large
Raspberries	2 cups fresh or unsweetened frozen
Strawberries	8 large berries 1 cup whole, halved, or sliced, fresh or unsweetened frozen
Tangerine	4 small
Watermelon	1 small wedge (1" thick) or 1 cup diced or balls
Dried Fruit --raisins, prunes, apricots	½ cup
100% fruit juice --orange, apple, grapefruit	1 cup



Nutrition

Milk, Yogurt & Cheese

The chart lists specific amounts that count as 1 cup in the milk group towards your daily recommended intake.

Food Item	Amount that counts as 1 cup in the milk group
Milk—fat free or low fat	1 cup 1 half pint container ½ cup evaporated milk
Soy milk, light	1 cup
Yogurt—fat free or low fat	8 ounces 1 cup
Cheese*	1 ½ oz hard cheese (cheddar, mozzarella, Swiss, parmesan) ⅓ cup shredded cheese 2 oz processed cheese (American)

*Choose cheese lower in calories, total fat and saturated fat.



Nutrition

Protein Foods

In general, 1 ounce of meat, poultry, or fish, ¼ cup cooked beans, or 1 egg can be considered as 1 ounce equivalent from the meat and beans group.

Food Item	Amount that counts as 1 oz equivalent
Meats	1 oz cooked lean beef 1 oz cooked lean pork, ham
Poultry	1 oz cooked chicken, turkey (without skin) 1 sandwich slice of turkey (4 ½ x 2 ½ x ½")
Fish	1 oz cooked fish or shellfish
Eggs	1 egg
Hummus	2 Tbsp
Cottage Cheese	¼ cup low fat or fat free
Ricotta Cheese	¼ cup low fat or fat free
Soy Products	
Tofu	¼ cup (2 oz)
Tempeh	1 oz cooked
Falafel patty	1 patty (2 ¼", 4 oz)
Count as 1 ounce grain/starchy vegetable + 1 ounce meat Dry or Canned Beans and Peas	
Dry or canned beans--black, garbanzo, kidney, pinto, soy, refried	½ cup whole or mashed, cooked
Dry peas-- black eyed, chickpeas, cowpeas, lentils, split	½ cup whole or mashed, cooked
Baked beans	½ cup cooked



Nutrition

Fats

In general, 1 fat choice equals 1 teaspoon of regular margarine, vegetable oil or butter or 1 tablespoon of regular salad dressing.

Food Item	Amount that counts as 1 tsp equivalent of oil
Avocado	2 Tbsp (1/6 medium)
Bacon, cooked--regular or turkey	1 slice
Butter	1 Tbsp reduced-fat or 1 tsp stick or 2 tsp whipped
Cream	2 Tbsp half and half or 1 Tbsp heavy cream 1 ½ Tbsp light cream or 2 Tbsp whipped cream ¼ cup whipped, pressurized
Cream cheese	1 ½ Tbsp (¾ oz) reduced-fat or 1 Tbsp (½ oz) regular
Flaxseed, ground	2 Tbsp
Margarine, lower fat spread (30-50% vegetable oil)	1 Tbsp
Margarine--stick, tub, or squeeze (not lower fat)	1 tsp
Mayonnaise	1 Tbsp reduced-fat or 1 tsp regular
Mayonnaise-style salad dressing	3 Tbsp reduced-fat or 1 tsp regular
Nut Butters--almond, cashew, or peanut butter	1 ½ tsp
Nuts	
Almonds	8 nuts
Brazil	2 nuts
Cashews	6 nuts
Hazelnuts	5 nuts
Macadamia	3 nuts
Mixed (50% peanuts)	6 nuts
Peanuts	10 nuts
Pecans	4 halves
Pistachios	16 nuts
Pine nuts	1 Tbsp
Walnuts	4 halves
Salad Dressing	2 Tbsp Reduced-fat or 1 Tbsp Regular
Seeds--flaxseed (whole), pumpkin, sunflower, sesame	1 Tbsp
Shortening, solid	1 tsp
Sour Cream	3 Tbsp reduced-fat or light or 2 Tbsp regular
Vegetable Oils--canola, corn, cottonseed, flaxseed, olive, peanut, safflower, soybean, sunflower	1 tsp