



## How Much Is One Serving?

**W**hen it comes to knowing how big a serving is, it can be very difficult to determine. Some foods are measured in ounces. Some are measured in spoons or cups. Others are just based on their size. These are some example servings to help you size up your plate at mealtime.

### **BREADS, CEREALS, RICE, AND PASTA GROUP**

- o One slice of bread
- o  $\frac{1}{2}$  cup of cooked cereal, rice, and pasta ( *$\frac{1}{2}$  cup is the size of an ice cream scoop*)
- o Ready to eat cereal is  $\frac{1}{2}$ – 1 cup; the Nutrition Facts food label tells you how much 1 serving is

### **MILK, YOGURT, AND CHEESE GROUP**

- o 1 cup of milk or yogurt is a serving (*1 cup is about the size of an 8-ounce carton of yogurt*)
- o A serving of natural cheese is  $1\frac{1}{2}$  ounces. A serving of processed cheese is 2 ounces. (*1 ounce of cheese is about the size of a domino*)

### **FRUIT GROUP**

- o  $\frac{1}{2}$  cup fresh, frozen, or canned fruit is a serving
- o 1 serving of fresh, whole fruit is one medium piece (1 medium sized piece is about the size of your fist)
- o  $\frac{1}{2}$ –  $\frac{3}{4}$  cup of fruit juice is a serving
- o 1 serving of melon is one 2-inch slice (*a 2-inch slice is about the width of 3 fingers*)

### **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUT GROUP**

- o 1 serving of meat, poultry, or fish is 2-3 ounces (*3 ounces is about the size and thickness of a deck of cards*)
- o A serving of dried beans is equal to about  $\frac{1}{2}$  cup cooked
- o A serving of peanut butter is 2 tablespoons (*2 tablespoons is about the size of a walnut*)

### **FATS, OILS, AND SWEETS GROUP**

- o A serving of salad dressing is 1 tablespoon (*a tablespoon is about the size of a quarter*)
- o 1 serving of fat, oil, or sugar is a teaspoon (*a teaspoon is about the size of a penny or the size of the tip of your thumb*)

### **VEGETABLE GROUP**

- o  $\frac{1}{2}$  cup of cooked or raw chopped vegetables is 1 serving
- o 1 serving of vegetable juice is  $\frac{3}{4}$  cup ( *$\frac{3}{4}$  cup is the size of a standard styrofoam cup*)
- o 1 serving of raw leafy vegetables is about 1 cup

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