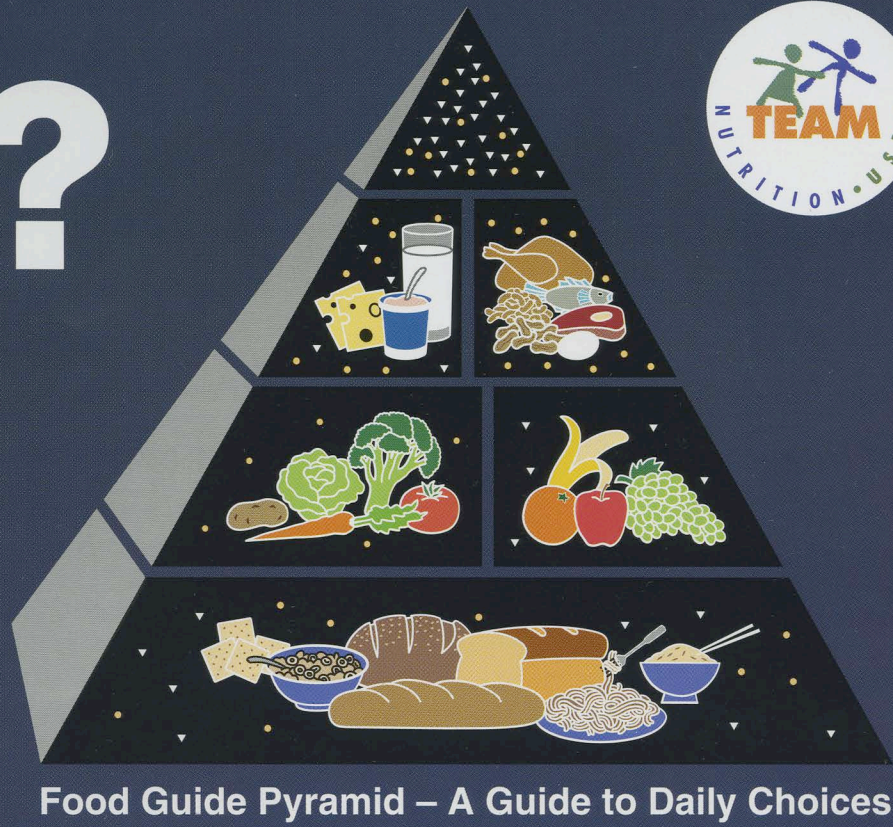


What size is your serving?

Compare the Pyramid Servings
with what you eat in a day.



Food Guide Pyramid – A Guide to Daily Choices

How Many Each Day?	What Counts as a Serving		
2 to 3 Servings Milk Group	8 oz. glass of milk = size of a small milk carton 	1 1/2 oz. of natural cheese = size of two 9-volt batteries 	8 oz. cup of yogurt = size of a baseball 
2 to 3 Servings (total of 5 to 7 ounces) Meat & Beans Group	2-3 oz. of meat, poultry or fish = size of a deck of cards 	2 tablespoons of peanut butter counts as 1 oz = size of a roll of film 	1 cup of beans counts as 2 oz = size of a baseball 
3 to 5 Servings Vegetable Group	1 cup of raw, leafy vegetables = size of a baseball 	10 french fries = size of a deck of cards 	1/2 cup of peas or other vegetables = size of a small computer mouse 
2 to 4 Servings Fruit Group	3/4 cup of fruit juice = size of a 6 oz can 	1/2 cup of sliced fruit = size of a small computer mouse 	1 medium fruit = size of a baseball 
6 to 11 Servings Grains Group	1 slice of bread = size of a disk 	1 cup of dry cereal = size of a baseball 	1/2 cup of pasta = size of a small computer mouse 