HOW MUCH IS JUST RIGHT?

Portion Control In The Palm Of Your Hand

1 Cup
Fruit or Veggies
Milk or Yogurt
Dry Cereal
Cooked Grains (Oatmeal, Rice, Pasta)

2 Cups
Leafy Green Salad

or

1 Ounce
Snacks like Chips, Crackers, Pretzels

3 Ounces
Meat like Chicken or Fish

or

1 Ounce
Snacks like Nuts and Dried Fruits

2 Tablespoons
Peanut Butter

or

1 Ounce
Cheese, Cream Cheese, Sour Cream

1 Teaspoon
Fats like Mayo, Butter, or Margarine

Visit ChooseMyPlate.gov and click on Daily Food Plans to find your recommended daily servings of these groups based on your age, sex, weight, height, and physical activity.