

How to measure your meal

FRUIT

- You should have 2 cups a day.

A small apple is about as big as a baseball and counts as one cup.



½ of your plate should be Fruits and Vegetables

VEGETABLES

- You should have 2½ cups a day.

½ cup of veggies is about as big as a light bulb.



GRAINS

- You should have 6 ounces a day.

1 ounce of bread is about as big as a cassette tape.



¼ of your plate should be Grains

¼ or less of your plate should be Meat and Beans

MEAT AND BEANS

- You should have 5½ ounces a day.

3 ounces of meat is about as big as a deck of cards.



Portion Sizes

Important: Keep in mind that children's portions should usually be smaller. For instance, a toddler's serving should usually be about $\frac{1}{4}$ to $\frac{1}{3}$ of an adult's serving. To find out more about feeding your child correctly, talk to your family doctor or pediatrician.

Portions are based on a 2,000-calorie diet. To find the calorie level that is right for you, go to www.MyPyramid.gov.

Fruit

- You should have 2 cups a day.

For example, these can count as 1 cup from the fruit group:

1 cup of fruit

OR $\frac{1}{2}$ cup of dried fruit

OR 1 cup of 100% fruit juice

Milk and Dairy

- You should have 3 cups a day.

For example, these can count as 1 cup from the milk and dairy group:

1 cup of low-fat milk or yogurt

OR $1\frac{1}{2}$ ounces of natural cheese

OR 2 ounces of processed cheese

Vegetables

- You should have $2\frac{1}{2}$ cups a day.

For example, these can count as 1 cup from the vegetable group:

1 cup of raw or cooked vegetables

or vegetable juice

OR 2 cups of raw, leafy greens

Grains

- You should have 6 ounces a day.

For example, these can count as 1 ounce from the grains group:

1 slice of bread

OR $\frac{1}{2}$ cup of cooked rice, pasta or oatmeal

OR 1 cup of ready-to-eat cereal

At least $\frac{1}{2}$ of all grains eaten should be whole grains, such as oats or whole wheat.

Fats, Butter, Oil and Sweets

- Just a bite!

Meat and Beans

- You should have $5\frac{1}{2}$ ounces a day.

For example, these can count as 1 ounce from the meat and beans group:

1 ounce of lean meat, poultry or fish

OR $\frac{1}{4}$ cup of cooked dry beans

OR 1 tablespoon of peanut butter

OR 1 egg

OR $\frac{1}{2}$ ounce of nuts or seeds

To order additional placemats, go to www.afmc.org/tools.